

### A selection of gentle exercise sessions

Call Paula Parle; Halton Borough Council for further enquiries:  
0151 511 8550

#### Monday

9.30- 10.30am	Chair-based Exercise suitable for older adults – Queens Close <b>Runcorn</b> £3 weekly (PP)
10.00- 11.00am	Yoga (All) – Ditton Community Centre <b>Widnes</b> £4 weekly (PP)
10.00- 11.00am	Movement Therapy Gentle Seated Exercise (All) – Castlefields Community Centre <b>Runcorn</b> £3 weekly (PP)
10.30- 11.30am	Fit 2 Dance (All) -The Brindley Arts Centre <b>Runcorn</b> £5 weekly (term time only) (B)
12.15- 1.00pm	Stay Fit Exercise (All) – Push and Tone Fitness Studio <b>Runcorn</b> £3 weekly (PP)
1.00- 2.00pm	Qigong Chair-based Tai Chi (Adults with limited mobility inc wheelchairs) – Upton Community Centre <b>Widnes</b> £2 first Monday of each month (PP)
1.00- 2.30pm	Yoga (All) – NGT Martial Arts Academy <b>Runcorn</b> £5 weekly (PP)
6.00- 7.00pm	Pilates on the Ball – Frank Myler Pavilion <b>Widnes</b> £5 (PP)
6.00- 6.45pm	Stay Fit Exercise (All) – Upton Community Centre <b>Widnes</b> £3 (PP)
7.30-9.00pm	Yoga (All) – Sandymoor Community Centre <b>Runcorn</b> £6 or £3.50 HLC (PP)

#### Tuesday

9.30 – 10.30am	Chair-based Exercise and Relaxation (All) Hanover Court <b>Runcorn</b> £ 3 weekly (PP)
9.30- 10.20am	Stay Fit & Tone – Gentle Exercise – Frank Myler Pavilion <b>Widnes</b> £3 weekly (PP)
10.00- 11.15am	Tai Chi Qi gong & Meditation (All) Churchill Hall <b>Runcorn</b> £5 (PP)
10.30- 11.30am	Fit 2 Dance (All) -The Brindley Arts Centre <b>Runcorn</b> £4 weekly (term time only) (B)
11.30- 12.30pm	Chair-based - (VI) – Vision Support Grangeway Community Centre <b>Runcorn</b> week 4, monthly £2 (PP)
11.30- 12.30pm	Stay Fit Gentle Circuits (All) - Castlefields Community Centre <b>Runcorn</b> £3 weekly (PP)
12.30- 1.30pm	50+ Exercise class – (All) - Frank Myler Pavilion <b>Widnes</b> £3 weekly (PP)
12.45- 1.45pm	Tai Chi (Beg) – Barkla Fields <b>Widnes</b> £3 weekly (PP)
1.30- 2.30pm	Movement Therapy Gentle Seated Exercise - Frank Myler Pavilion <b>Widnes</b> £3 weekly (PP)
7.00- 7.45pm	Body Conditioning (All) – Sandymoor Community Centre <b>Runcorn</b> £2.50 weekly (PP)
7.30- 8.30pm	Mencap Keep Fit (Suitable for adults with learning disability and open to All) – Acorn Centre <b>Runcorn</b> £2 weekly (PP)

#### Wednesday

10.30-11.30am	Tai Chi (All) – Frank Myler Pavilion <b>Widnes</b> £4 weekly (PP)
2.00- 3.00pm	Stay Fit Easy – (Beg) Palacefields Community Centre <b>Runcorn</b> £3 weekly (PP)
5.30- 6.15pm	Stay Fit Circuits (All) – Ditton Community Centre <b>Widnes</b> £3 (PP)

#### Thursday

10.00- 11.00am	Movement Therapy Gentle Seated Exercise - Frank Myler Pavilion <b>Widnes</b> £3 weekly (PP)
10.00- 11.00am	Yoga (All) – Castlefields Community Centre <b>Runcorn</b> £3 weekly (PP) (no classes Jul Aug)
11.10am- 12.10pm	Fit 2 Dance – (All) – Castlefields Community Centre <b>Runcorn</b> £3.50 weekly (PP)
10.30- 11.30am	Tai Chi (All) – Churchill Hall <b>Runcorn</b> £3 weekly (breaks Aug-Sept) (PP)
11.15-12.15pm	Heal the Body Gentle Yoga (Beg) – Frank Myler Pavilion <b>Widnes</b> £5 weekly (PP)

11.00-12.00pm Over 50's Circuit, suitable for cardiac rehab follow-on – Murdishaw Community Centre **Runcorn** £3 weekly (PP)  
 1.00- 3.00pm Zipper Club activity (Mem) (HC) – Grangeway Community Centre **Runcorn** £2.50 weekly (PP)  
 5.30- 7.00pm Yoga & Relaxation for All– (All) – Old Police Station **Runcorn** £6 or £5 HLC weekly (PP)

**Friday**

9.30- 10.30am Next Steps -Tai Chi/Gigong- Cancer Support (open to all)– Naughtonfields **Widnes** £2.50 weekly (PP)  
 10.00- 10.50am Stay Fit & Tone – Gentle Exercise – Frank Myler Pavilion **Widnes** £3 weekly (PP)  
 11.00- 12.00pm Chair based Exercise (All) Naughtonfields **Widnes** £3 weekly (PP)  
 12.30- 1.30pm Beginners Tai Chi- Cancer Support (open to all) - Naughtonfields **Widnes** £3 weekly (PP)  
 1.30- 2.30pm Tai Chi Qi gong (All) Trinity Church Halton Village **Runcorn** £4 (PP)

- See separate sheet for class descriptions and full addresses

✚ **Social Sports: Exercise and meet new people with sports such as New Age Bowling/ Table Tennis – see separate timetable**

✚ **Get Active with Exercise Trends – Kettlercise, Metafit, Zumba etc see separate timetable**

**For information on:**

- Health Walks; lead or independent call Paula Parle on 0151 511 8550. [www.walk4life.info](http://www.walk4life.info) to access local walk routes, track your progress and share your walk routes.
- Swimming Sessions call Kingsway Leisure Centre 0151 495 2200
- Halton's Health Improvement Team programmes including Weight Management call: 0300 029 0029
- Dance activities contact the Brindley Arts Centre 0151 907 8360
- Wheels for All: Cycling for people of all ages, disabilities and differing needs, contact 01928 716971
- Run in Halton Routes, Parkruns and Running Clubs, call Paula Parle 0151 511 8550

Contacts for further information on individual sessions:

Use the initials at the end of each session to find contact person:

(PP): Paula Parle: 0151 511 8550

(SW): Ste Wood 0151 511 8871

(HI): Health Improvement Team: 0300 029 0029

(SF) Stadium Fitness 0151 510 6020

(B): Brindely Arts Centre: 0151 907 8360

To request a contact number for the exercise coach; please contact Paula Parle

For general enquiries about physical activity in Halton, class descriptions or a larger print timetable; contact Paula Parle 0151 511 8550, or email [paula.parle@halton.gov.uk](mailto:paula.parle@halton.gov.uk).

Class key and intensity level:

All	Suitable for all to work at their own level	V/H	People with visual or hearing impairments
⌘	Booking necessary	VI	People with visual impairments
PR	Pulmonary Rehabilitation	HC	People with a heart condition
Beg	Suitable for beginners	Mem	Membership applicable after initial trial period
Int	Intermediate level	Adv	Advanced

**Other Useful websites:**

[www.halton.gov.uk](http://www.halton.gov.uk)    [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)    [www.walk4life.info](http://www.walk4life.info)    [www.sportengland.org](http://www.sportengland.org)

This Timetable is subject to change, please call or check our website for updates: [www.activehalton.co.uk](http://www.activehalton.co.uk)

This timetable is for information purposes only; it is for individuals to satisfy themselves of the safety of the activity/club. The local authority will not be held liable for any harm or injury the participant may suffer at the club/session.

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