

A selection of Trending Exercise sessions

Change your body shape with rapid fat loss and super fitness

Bring a bottle of water!

Call Paula Parle; Halton Borough Council for further enquiries about classes: 0151 511 8550
Frank Myler Pavilion Enquiries: 0151 511 8282

Monday

9.30- 10.30am	Mums on the Run- Runcorn Hill Park Runcorn £3 (term time only)
9.30- 10.30am	Zumba - Frank Myler Pavilion Widnes £3 or £2 HLC
6.20- 6.50pm	Bounce & Burn La www.bookwhen.com/pushandtone Push&Tone Fitness Studio Runcorn £4
6.00- 7.30pm	Boxing Fitness – Widnes Boxing Club Widnes £2
7.00- 8.00pm	Boogie Bounce Extreme La www.bookwhen.com/fitnesswithnicola Phoenix Fitness Widnes £5
8.00- 9.00pm	Boogie Bounce Revolution La www.bookwhen.com/fitnesswithnicola Phoenix Fitness Widnes £5
7.15- 8.15pm	Kickboxing Fitness Exercise class – (All) Roar Widnes £5 or £4 HLC
8.10- 8.45pm	Clubbercise- Ditton Community Centre Widnes £4

Tuesday

9.30- 10.30am	Kettlercise – Birchfield Sport and Social Club Widnes £4 or £2.50 HLC
11.00-11.45am	Zumba Gold (50+) – Frank Myler Pavilion Widnes £3 or £2 HLC
5.45- 6.15pm	Bounce & Burn La www.bookwhen.com/pushandtone Push&Tone Fitness Studio Runcorn £4
6.30- 7.30pm	Zumba - Frank Myler Pavilion Widnes £4
6.30- 7.00pm	Metafit - Phoenix Fitness Widnes £3.50
7.00- 7.30pm	Metafit La www.bookwhen.com/pushandtone Push &Tone Fitness Studio Runcorn £4
7.10- 8.00pm	Clubbercise- Phoenix Fitness Widnes £4
7.30- 8.00pm	Metafit - Frank Myler Pavilion Widnes £4
8.00- 9.00pm	Zumba - Sandymoor Community Centre Runcorn £4 or £2.50 HLC
8.00- 9pm	Fitcamp – Frank Myler Pavilion Widnes £4 or £3 HLC

Wednesday

10.45- 11am	Boogie Bounce Extreme La www.bookwhen.com/fitnesswithnicola Phoenix Fitness Widnes £5
6.00- 7.30pm	Boxing Fitness – Widnes Boxing Club Widnes £2
6.30- 7.30pm	Fitcamp – Frank Myler Pavilion Widnes £4 or £3 HLC
7.30- 8.30pm	Boxing Fitness La – Widnes Boxing Club Widnes £3
7.00- 7.45pm	Boogie Bounce Extreme La www.bookwhen.com/fitnesswithnicola Phoenix Fitness Widnes £5
8.15- 9.00pm	Kettlercise – Birchfield Sport and Social Club Widnes £4 or £2.50 HLC
8.00- 9.00pm	Olympic Weight Lifting Exercise class – (All) Roar Widnes £5 or £4 HLC

Thursday

9.30- 10.30am	Push & Tone (mums and prams) Runcorn Hill Park – £3 (meet at Duck pond –Park rd) (term time only)
9.30- 10.30am	Clubbercise - Phoenix Fitness Widnes £4
10.45- 11.30am	Boogie Bounce for Mums - Phoenix Fitness Widnes £4
11.00- 12.00pm	Pram Fitness – Victoria Park Widnes £3 or £2 HLC Spring – Summer only
2.00- 4.00pm	Mamafit – Frank Myler Pavilion Widnes www.bookwhen.com/mamafit
5.45- 6.15pm	KettleStrength - ⌘ La www.bookwhen.com/pushandtone Push &Tone Fitness Studio Runcorn £4
6.00- 6.30pm	Metafit - Frank Myler Pavilion Widnes £3
6.20- 6.50pm	LBT - ⌘ La www.bookwhen.com/pushandtone Push &Tone Fitness Studio Runcorn £3.50
7.30- 8.30pm	Pi Yo (Pilates & Yoga high intensity combo)- Frank Myler Pavilion Widnes £3.50

Friday

9.30- 10.00am	Metafit - Phoenix Fitness Widnes £3.50
10.00-11.00am	Zumba - Phoenix Fitness Widnes £4
1.30- 2.30pm	Pram Fitness – Victoria Park Widnes £3 or £2 HLC Spring – Summer only
6.00- 7.30pm	Boxing Fitness – Widnes Boxing Club Widnes £2
6.00- 7.00pm	Fitcamp – Frank Myler Pavilion Widnes £4 or £3 HLC

Saturday

9.00- 9.50am	Kettlercise - Frank Myler Pavilion (term time only) Widnes £4
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Sunday

10.00-10.45am	Bootcamp - ⌘ La www.bookwhen.com/pushandtone Push &Tone Fitness Studio Runcorn £4.50
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⌘ Booking may be necessary

La Ladies only

Follow us on Twitter [@HaltonGetActive](https://twitter.com/HaltonGetActive)

HLC: The Halton Leisure Card entitles residents who receive certain benefits to reduced admission charges to a wide range of services from swimming to museums. For further information call Halton Direct Link on 0303 333 4300

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.

This Timetable is subject to change, please call or check our website for updates:

www.activehalton.co.uk

- ✚ *Get Active Community Exercise sessions:* Gentle Community Exercise sessions – see separate timetable
- ✚ *Social Sports:* Exercise and meet new people with sports such as New Age Bowling and Table Tennis – see separate timetable
- ✚ *Health Walks:* see Schedule of Lead Health Walks