

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 ⌘ www.bookwhen.com/fitnesswithnicola Phoenix Fitness **Widnes** £5
- 8.00- 9.00pm Boogie Bounce Revolution ⌘ 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
- 1.30- 2.30pm Push & Tone (mums and prams) **Runcorn** Hill Park – £3 (meet at Duck pond –Park rd) (term time only)
- 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 ⌘ 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 ⌘ 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

10.00- 11.00am 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

Sunday

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

⌘ 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