

**Monday****10.30-11.30 Hatha Yoga & Singing Bowl Meditation £5 or £3 HLC\*****6-7pm Pilates on the Ball £5****7-8pm Ashtanga Yoga £5 or £3 HLC\*****Tuesday****9.30-10.20am Stay Fit & Tone Gentle Easy Exercise £3****10.30-11.30 Mature Movers dance based exercise for 50+ £3****11.30am-12.30pm Stretch & Tone £5****12.30am-1.30pm 50+ exercise class £3****6.30-7.30pm Zumba £4****7.30- 8pm Metafit £3****8-9pm Fitcamp £4 or £3 HLC\*****Wednesday****9.30-10.30am Pilates £5****1-2pm Mamafit All** Exercise for pregnant women & mums. Babies/children 6wks -5yrs.[www.bookwhen.com/mamafit](http://www.bookwhen.com/mamafit)**6.30-7.30pm Fitcamp £4 or £3 HLC\*****7.30-8.30pm Yoga – Yin Yang £4****Thursday****10-11am Movement Therapy Gentle Easy Exercise £3****11.15am-12.15pm Heal the Body Yoga £5****6-6.30pm Metafit £3****6.30-7.30pm Living Yoga £5****7.30-8.30pm Pi Yo £3.50****Friday****10.00-11.00am Stay Fit & Tone Gentle Exercise £3****11.00-12.00pm Tai Chi £5****1-2.30pm Fresh Start Weight Management program call 0300 0290029****5-6pm Kids love Yoga (7-12yrs) £4.50****6-7pm Fitcamp £4 or £3 HLC\*****Saturday****9-9.50am Kettlercise £4 (term time only)****The Frank Myler Pavilion****Liverpool Rd, Widnes, WA8 7EZ next to Ditton Primary (sat nav -Ditton Primary School, WA8 7HD)**Call Frank Myler Pavilion for general enquiries: **0151 511 8282**Call Paula Parle for further information about classes in Halton: 0151 511 8550 [Paula.parle@halton.gov.uk](mailto:Paula.parle@halton.gov.uk)This Timetable is subject to on-going change -Check [www.activehalton.co.uk](http://www.activehalton.co.uk) for updated activity timetables

\*HLC: Halton Leisure Card