

**Monday**9.30-10.20am **TBC- Jan 2018**10.30-11.30 **Hatha Yoga & Singing Bowl Meditation** £5 or £3 HLC\*6-7pm **Pilates on the Ball** £57-8pm **Ashtanga Yoga** £5 or £3 HLC\***Tuesday**9.30-10.20am **Stay Fit & Tone Gentle Easy Exercise** £310.30-11.30 **Mature Movers dance based exercise for 50+** £312.30am-1.30pm **50+ exercise class** £36.30-7.30pm **Zumba** £47.30- 8pm **Metafit** £38-9pm **Fitcamp** £4 or £3 HLC\***Wednesday**10.30-11.30am **Tai Chi** £41-2pm **Mamafit All** Exercise for pregnant women & mums. Babies/children 6wks -5yrs.[www.bookwhen.com/mamafit](http://www.bookwhen.com/mamafit)2.30-3.30pm **Pink Pilates class for those effected by breast cancer surgery (bookings only)**6.30-7.30pm **Fitcamp** £4 or £3 HLC\***Thursday**10-11am **Movement Therapy Gentle Easy Exercise** £311.15am-12.15pm **Heal the Body Yoga** £52-3pm **Mamafit** Exercise and Lifestyle course Mother & Baby under 1yr- [www.bookwhen.com/mamafit](http://www.bookwhen.com/mamafit)3-4pm **Mamafit** Exercise and Lifestyle course for pregnant women- [www.bookwhen.com/mamafit](http://www.bookwhen.com/mamafit)6-6.30pm **Metafit** £36.30-7.30pm **Living Yoga** £57.30-8.30pm **Pi Yo** £3.50**Friday**10.00-11.00am **Stay Fit & Tone Gentle Exercise** £31-2.30pm **Fresh Start Weight Management program call 0300 0290029**5.15-6pm **Kids love Yoga (4-8yrs)** £46-7pm **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