

Monday9.30-10.20am **Zumba TBC**10.30-11.30 **Hatha Yoga & Singing Bowl Meditation** £5 or £3 HLC* Starts 23rd Oct6-7pm **Pilates on the Ball** £57-8pm **Ashtanga Yoga** £5**Tuesday**9.30-10.20am **Stay Fit & Tone Gentle Easy Exercise** £310.30-11.30 **Mature Movers** dance based exercise for 50+ £3 Starts 31st Oct12.30am-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/mamafit2.30-3.30pm **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/mamafit3-4pm **Mamafit** Exercise and Lifestyle course for pregnant women- www.bookwhen.com/mamafit6-6.30pm **Metafit** £36.30-7.30pm **Classic Pilates** £5 or £4 HLC*7.30-8.30pm **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.ukThis Timetable is subject to on-going change -Check www.activehalton.co.uk for updated activity timetables

*HLC: Halton Leisure Card