

**Monday**

- 9.30-10.20am **Zumba Tone** £4  
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  
2-3pm **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** £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** £4  
1-2.30pm **Fresh Start Weight Management program** call 0300 0290029  
5.15-6pm **Kids love Yoga (4-8yrs)** £4  
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