

**Monday**

9.30-10.30am **Zumba** £3 or £2 HLC\*

6-7pm **Pilates on the Ball** £5

7-8pm **Ashtanga Yoga** £5

**Tuesday**

9.30-10.20am **Stay Fit & Tone Gentle Easy Exercise** £3

11am-12pm **Zumba Gold** £3 or £2 HLC\*

12.30am-1.30pm **50+ exercise class** £3

1.30-2.20pm **Movement Therapy Gentle Easy Exercise** £3

6.30-7.30pm **Zumba** £4

7.30- 8pm **Metafit** £3

8-9pm **Fitcamp** £4 or £3 HLC\*

**Wednesday**

10.30-11.30am **Tai Chi** £4

6.30-7.30pm **Fitcamp** £4 or £3 HLC\*

**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

7.30-8.30pm **Pi Yo** £3.50

**Friday**

10.00-11.00am **Stay Fit & Tone Gentle Exercise** £3

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)

\*HLC: Halton Leisure Card

*More new classes starting soon!! Let us know what you would like to see?* [fmenquiries@halton.gov.uk](mailto:fmenquiries@halton.gov.uk)

**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: 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