

Summer 2018

Please check classes are running as coaches go on holiday at this time of year!

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.

On Hold 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

This Timetable is subject to on-going change -Check www.activehalton.co.uk for updated activity timetables

*HLC: Halton Leisure Card