

## A selection of gentle exercise sessions

Call Paula Parle; Halton Borough Council for further enquiries:  
0151 511 8550

### Monday

- 10.00- 11.00am Yoga (All) – Ditton Community Centre Widnes £4 weekly (PP)
- 10.00- 11.00am Movement Therapy Gentle Seated Exercise (All) – Castlefields Community Centre Runcorn £3 weekly (PP)
- 10.30- 11.30am Fit 2 Dance (All) -The Brindley Arts Centre Runcorn £5 weekly (term time only) (B)
- 1.00- 2.00pm Qigong Chair-based Tai Chi (Adults with limited mobility inc wheelchairs) – Upton Community Centre Widnes £2 first Monday of each month (PP)
- 1.30- 2.15pm Evergreen Chair Exercise (All 50+) Ditton Community Centre Widnes £3 weekly (PP)
- 6.00- 7.00pm Pilates on the Ball – Frank Myler Pavilion Widnes £5 (PP)
- 6.00- 6.45pm Stay Fit Exercise (All) – Upton Community Centre Widnes £3 (PP)
- 7.30-9.00pm Yoga (All) – Sandymoor Community Centre Runcorn £6 or £3.50 HLC (PP)

### Tuesday

- 9.30 – 10.30am Chair-based Exercise and Relaxation (All) Hanover Court Runcorn £ 3 weekly (PP)
- 9.30- 10.20am Stay Fit & Tone – Gentle Exercise – Frank Myler Pavilion Widnes £3 weekly (PP)
- 10.00- 11.15am Tai Chi Qi gong & Meditation (All abilities from beginners upwards) Churchill Hall Runcorn £5 (PP)
- 10.30- 11.30am Fit 2 Dance (All) -The Brindley Arts Centre Runcorn £5 weekly (term time only) (B)
- 10.30-11.30am Mature Movers dance based fitness (All 50+) – Frank Myler Pavilion Widnes £4 weekly (PP)
- 11.30- 12.30pm Chair-based - (VI) – Vision Support Grangeway Community Centre Runcorn week 4, monthly £2 (on hold) (PP)
- 11.30- 12.30pm Stay Fit Gentle Circuits (All) - Castlefields Community Centre Runcorn £3 weekly (PP)
- 12.30- 1.30pm 50+ Exercise class – (All) - Frank Myler Pavilion Widnes £3 weekly (PP)
- 12.45- 1.45pm Tai Chi (Beg) – Barkla Fields Widnes £3 weekly (PP)
- 7.30- 8.30pm Mencap Keep Fit (Suitable for adults with learning disability and open to All) – Acorn Centre Runcorn £2 weekly (PP)

### Wednesday

- 1.00- 2.00pm Stay Fit Easy – (Beg) Palacefields Community Centre Runcorn £3 weekly (PP)
- 5.30- 6.15pm Stay Fit Circuits (All) – Ditton Community Centre Widnes £3 (PP)
- 7.30-8.00pm Functional Fitness (All) – Push and Tone Fitness Studio Runcorn £4 weekly (PP)
- 7.30-8.00pm Yoga Yin Yang (All) – Frank Myler Pavilion Widnes £4 weekly (PP)

### Thursday

- 10.00- 11.00am Movement Therapy Gentle Seated Exercise - Frank Myler Pavilion Widnes £3 weekly (PP)
- 10.00- 11.00am Yoga (All) – Castlefields Community Centre Runcorn £3 weekly (PP)
- 10.30-11.30am Mature Movers dance based fitness (All 50+) – Ditton Community Centre Widnes £4 weekly (PP)
- 11.10am- 12.10pm Fit 2 Dance – (All) – Castlefields Community Centre Runcorn £3.50 weekly (PP)
- 10.30- 11.30am Tai Chi (All) – Churchill Hall Runcorn £3 weekly (PP)
- 11.00- 11.50am Stay Fit Easy – (Beg) Ditton Community Centre Widnes £3 weekly (PP)
- 11.15-12.15pm Heal the Body Gentle Yoga (Beg) – Frank Myler Pavilion Widnes £5 weekly (PP)
- 12.30-1.30pm 50+ Gentle Circuit, suitable for cardiac rehab follow-on – Castlefields Community Centre Runcorn £3 weekly (PP)
- 12.30- 1.15pm Stay Fit Exercise (All) – Push and Tone Fitness Studio Runcorn £3 weekly (PP)

1.00- 3.00pm	Zipper Club activity (Mem) (HC) – Grangeway Community Centre <b>Runcorn</b> £2.50 weekly (PP)
5.30- 7.00pm	Yoga & Relaxation for All– (All) – Old Police Station <b>Runcorn</b> £6 or £5 HLC weekly (PP)
6.30- 7.30pm	Living Yoga (All) – Frank Myler Pavilion <b>Widnes</b> £5 weekly (PP)
7.00- 8.30pm	Hatha Yoga, Breath work and relaxation Castlefields Community Centre <b>Runcorn</b> £5 or £4 HLC weekly (PP)

## Friday

9.30- 10.30am	Next Steps -Tai Chi/Gigong- Cancer Support (open to all)– Naughtonfields <b>Widnes</b> £3 weekly (PP)
10.00- 10.50am	Stay Fit & Tone – Gentle Exercise – Frank Myler Pavilion <b>Widnes</b> £3 weekly (PP)
10.00- 11.00am	Hatha Yoga, Breath work and relaxation Play Resource Centre <b>Runcorn</b> £5 or £4 HLC weekly (PP)
11.00- 12.00pm	Tai Chi (All) – Frank Myler Pavilion <b>Widnes</b> £4 weekly (PP)
11.00- 12.00pm	Chair based Exercise (All) Naughtonfields <b>Widnes</b> £3 weekly (PP)
12.30- 1.30pm	Beginners Tai Chi- Cancer Support (open to all) - Naughtonfields <b>Widnes</b> £3 weekly (PP)

- See separate sheet for class descriptions and full addresses

✚ **Social Sports: Exercise and meet new people with sports such as New Age Bowling/ Table Tennis – see separate timetable**

✚ **Get Active Get Fit timetable for higher intensity classes – Kettlercise, Metafit, Zumba etc see separate timetable**

### For information on:

- Health Walks; lead or independent call Paula Parle on 0151 511 8550.  
[www.walk4life.info](http://www.walk4life.info) to access local walk routes, track your progress and share your walk routes.
- Swimming Sessions call Kingsway Leisure Centre 0151 495 2200
- Halton's Health Improvement Team programmes including Weight Management call: 0300 029 0029
- Dance activities contact the Brindley Arts Centre 0151 907 8360
- Wheels for All: Cycling for people of all ages, disabilities and differing needs, contact Ian 01925 234213
- Run in Halton Routes, Parkruns and Running Clubs, call Paula Parle 0151 511 8550

Contacts for further information on individual sessions:

Use the initials at the end of each session to find contact person:

(PP): Paula Parle: 0151 511 8550

(SW): Ste Wood 0151 511 8871

(HI): Health Improvement Team: 0300 029 0029

(SF) Stadium Fitness 0151 510 6020

(B): Brindely Arts Centre: 0151 907 8360

To request a contact number for the exercise coach; please contact Paula Parle

For general enquiries about physical activity in Halton, class descriptions or a larger print timetable; contact Paula Parle 0151 511 8550, **or email**

[paula.parle@halton.gov.uk](mailto:paula.parle@halton.gov.uk).

Class key and intensity level:

All	Suitable for all to work at their own level	V/H	People with visual or hearing impairments
⌘	Booking necessary	VI	People with visual impairments
PR	Pulmonary Rehabilitation	HC	People with a heart condition
Beg	Suitable for beginners	Mem	Membership applicable after initial trail period
Int	Intermediate level	Adv	Advanced

### Other Useful websites:

[www.halton.gov.uk](http://www.halton.gov.uk)   [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)   [www.walk4life.info](http://www.walk4life.info)   [www.sportengland.org](http://www.sportengland.org)

This Timetable is subject to change, please call or check our website for updates:

[www.activehalton.co.uk](http://www.activehalton.co.uk)

This timetable is for information purposes only; it is for individuals to satisfy themselves of the safety of the activity/club. The local authority will not be held liable for any harm or injury the participant may suffer at the club/session.

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