

A selection of gentle exercise sessions

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

Monday

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| 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) |
| 12.15- 1.00pm | Stay Fit Exercise (All) – Push and Tone Fitness Studio Runcorn £3 weekly (PP) |
| 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) |
| 1.00- 2.30pm | Yoga (All) – NGT Martial Arts Academy Runcorn £5 weekly (PP) |
| 1.30- 2.15pm | Evergreen Chair Exercise (All 50+) Optimum Fitness 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

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| 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

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|---------------|--------------------------------------------------------------------------------|
| 10.30-11.30am | Tai Chi (All) – Frank Myler Pavilion Widnes £4 weekly (PP) |
| 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

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|------------------|--------------------------------------------------------------------------------------|
| 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) |
| 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) |

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| 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) |
| 1.00- 3.00pm | Zipper Club activity (Mem) (HC) – Grangeway Community Centre Runcorn £2.50 weekly (PP) |
| 5.30- 7.00pm | Yoga & Relaxation for All– (All) – Old Police Station Runcorn £6 or £5 HLC weekly (PP) |
| 6.30- 7.30pm | Living Yoga (All) – Frank Myler Pavilion Widnes £5 weekly (PP) |

Friday

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| 9.30- 10.30am | Next Steps -Tai Chi/Gigong- Cancer Support (open to all)– Naughtonfields Widnes £3 weekly (PP) |
| 10.00- 10.50am | Stay Fit & Tone – Gentle Exercise – Frank Myler Pavilion Widnes £3 weekly (PP) |
| 11.00- 12.00pm | Chair based Exercise (All) Naughtonfields Widnes £3 weekly (PP) |
| 12.30- 1.30pm | Beginners Tai Chi- Cancer Support (open to all) - Naughtonfields Widnes £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 with Exercise Trends – 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 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.

Class key and intensity level:

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|-----|---------------------------------------------|-----|--------------------------------------------------|
| 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 www.walkingforhealth.org.uk www.walk4life.info www.sportengland.org

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

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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