

A selection of gentle exercise sessions

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

Monday

9.30- 10.30am	Chair-based Exercise suitable for older adults – Queens Close Runcorn £3 weekly (PP)
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

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) Churchill Hall Runcorn £5 (PP)
10.30- 11.30am	Fit 2 Dance (All) -The Brindley Arts Centre Runcorn £4 weekly (term time only) (B)
10.30-11.30am	starts 31 st Oct 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 (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)
7.00- 7.45pm	Body Conditioning (All) – Sandymoor Community Centre Runcorn £2.50 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

10.30-11.30am	Tai Chi (All) – Frank Myler Pavilion Widnes £4 weekly (PP)
11.30- 12.30pm	Movement Therapy & Lifestyle- seated and supported standing (All) - Murdishaw Community Centre Runcorn £3 weekly (PP)
2.00- 3.00pm	Stay Fit Easy – (Beg) Palacefields Community Centre Runcorn £3 weekly (PP) (on hold)
5.30- 6.15pm	Stay Fit Circuits (All) – Ditton Community Centre Widnes £3 (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)
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)

11.15-12.15pm 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)

Friday

9.30- 10.30am Next Steps -Tai Chi/Gigong- Cancer Support (open to all)– Naughtonfields Widnes £2.50 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:

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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