

## A selection of Trending Exercise sessions

Change your body shape with rapid fat loss and super fitness

*Bring a bottle of water!*

Call Paula Parle; Halton Borough Council for further enquiries about classes: 0151 511 8550  
Frank Myler Pavilion Enquiries: 0151 511 8282

### Monday

- 9.00- 9.45am HIIT- High Intensity Interval Training - Castlefields Community Centre **Runcorn** £4
- 9.30- 10.30am Run for Fun ⌘La [www.bookwhen.com/pushandtone](http://www.bookwhen.com/pushandtone) Runcorn Hill Park **Runcorn** £3  
(term time only)
- 6.00- 7.30pm Boxing Fitness – Widnes Boxing Club **Widnes** £2
- 7.00- 8.00pm Boogie Bounce Extreme ⌘ [www.bookwhen.com/fitnesswithnicola](http://www.bookwhen.com/fitnesswithnicola) Phoenix Fitness **Widnes** £5
- 8.00- 9.00pm Boogie Bounce Revolution ⌘ [www.bookwhen.com/fitnesswithnicola](http://www.bookwhen.com/fitnesswithnicola) Phoenix Fitness **Widnes** £5
- 7.00- 8.00pm Ashtanga Yoga - Frank Myler Pavilion **Widnes** £5 or £3 HLC
- 7.15- 8.15pm Kickboxing Fitness Exercise class – (All) Roar **Widnes** £5 or £4 HLC
- 7.45- 8.30pm Gymnastic Conditioning class – Focus Gymnastics **Widnes** £3
- 8.10- 8.45pm Clubbercise- Ditton Community Centre **Widnes** £4
- 8.20- 9.00pm Combat Bootcamp ⌘La [www.bookwhen.com/pushandtone](http://www.bookwhen.com/pushandtone) Push&Tone Fitness Studio  
**Runcorn** £4

### Tuesday

- 9.30- 10.30am Kettlercise – Birchfield Sport and Social Club **Widnes** £4 or £2.50 HLC
- 5.45- 6.15pm Bounce & Burn ⌘La [www.bookwhen.com/pushandtone](http://www.bookwhen.com/pushandtone) Push&Tone Fitness Studio **Runcorn** £4
- 6.30- 7.30pm Zumba - Frank Myler Pavilion **Widnes** £4
- 6.30- 7.00pm Metafit - [www.bookwhen.com/fitnesswithnicola](http://www.bookwhen.com/fitnesswithnicola) Phoenix Fitness **Widnes** £3.50
- 7.00- 7.30pm Metafit ⌘La [www.bookwhen.com/pushandtone](http://www.bookwhen.com/pushandtone) Push &Tone Fitness Studio **Runcorn** £4
- 7.10- 8.00pm Clubbercise- [www.bookwhen.com/fitnesswithnicola](http://www.bookwhen.com/fitnesswithnicola) Phoenix Fitness **Widnes** £4
- 7.30- 8.00pm Metafit - Frank Myler Pavilion **Widnes** £4
- 8.00- 9pm Fitcamp – Frank Myler Pavilion **Widnes** £4 or £3 HLC

### Wednesday

- 10.45- 11am Boogie Bounce Extreme ⌘ [www.bookwhen.com/fitnesswithnicola](http://www.bookwhen.com/fitnesswithnicola) Phoenix Fitness **Widnes** £5
- 6.00- 7.30pm Boxing Fitness – Widnes Boxing Club **Widnes** £2
- 6.30- 7.30pm Fitcamp – Frank Myler Pavilion **Widnes** £4 or £3 HLC
- 7.30- 8.30pm Boxing Fitness La – Widnes Boxing Club **Widnes** £3
- 7.00- 7.45pm Boogie Bounce Extreme ⌘ [www.bookwhen.com/fitnesswithnicola](http://www.bookwhen.com/fitnesswithnicola) Phoenix Fitness **Widnes** £5

8.15- 9.00pm Kettlercise – Birchfield Sport and Social Club Widnes £4 or £2.50 HLC  
8.00- 9.00pm Olympic Weight Lifting Exercise class – (All) Roar Widnes £5 or £4 HLC

### Thursday

9.30- 10.15am Push & Tone (mums and prams) [www.bookwhen.com/pushandtone](http://www.bookwhen.com/pushandtone) Runcorn Hill Park – £3  
(meet at Duck pond –Park rd) (term time only)  
9.30- 10.30am Clubbercise - [www.bookwhen.com/fitnesswithnicola](http://www.bookwhen.com/fitnesswithnicola) Phoenix Fitness Widnes £4  
10.45- 11.30am Boogie Bounce for Mums - [www.bookwhen.com/fitnesswithnicola](http://www.bookwhen.com/fitnesswithnicola) Phoenix Fitness Widnes £4  
11.00- 12.00pm Pram Fitness – Victoria Park Widnes £3 or £2 HLC Spring – Summer only  
2.00- 4.00pm Mamafit – Frank Myler Pavilion Widnes [www.bookwhen.com/mamafit](http://www.bookwhen.com/mamafit)  
6.00- 6.30pm Metafit - Frank Myler Pavilion Widnes £3  
6.20- 6.50pm Legs Bums Tums - ⌘La [www.bookwhen.com/pushandtone](http://www.bookwhen.com/pushandtone) Push &Tone Fitness Studio  
Runcorn £3.50  
7.30- 8.30pm Pi Yo (Pilates & Yoga fast flowing, high intensity combo)- Frank Myler Pavilion Widnes £3.50  
7.45- 8.30pm Gymnastic Conditioning class – Focus Gymnastics Widnes £3  
8.15- 9.00pm Circuits - ⌘La [www.bookwhen.com/pushandtone](http://www.bookwhen.com/pushandtone) Push &Tone Fitness Studio Runcorn £4

### Friday

9.30- 10.00am Metafit - Phoenix Fitness Widnes £3.50  
10.00-11.00am Zumba - Phoenix Fitness Widnes £4  
1.30- 2.30pm Pram Fitness – Victoria Park Widnes £3 or £2 HLC Spring – Summer only  
6.00- 7.30pm Boxing Fitness – Widnes Boxing Club Widnes £2  
6.00- 7.00pm Fitcamp – Frank Myler Pavilion Widnes £4 or £3 HLC

### Saturday

9.00- 9.50am Kettlercise - Frank Myler Pavilion (term time only) Widnes £4

⌘ Booking may be necessary

La Ladies only

Follow us on Twitter [@HaltonGetActive](https://twitter.com/HaltonGetActive)

**HLC: The Halton Leisure Card** entitles residents who receive certain benefits to reduced admission charges to a wide range of services from swimming to museums. For further information call Halton Direct Link on 0303 333 4300

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.

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

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

- ✚ *Get Active Community Exercise sessions:* Gentle Community Exercise sessions – see separate timetable
- ✚ *Social Sports:* Exercise and meet new people with sports such as New Age Bowling and Table Tennis – see separate timetable
- ✚ *Health Walks:* see Schedule of Lead Health Walks