

## 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

9.30- 10.30am	Mums on the Run- Runcorn Hill Park <b>Runcorn</b> £3 (term time only)
9.30- 10.30am	Zumba – (Venue TBC Zumba Divas) <b>Widnes</b> £3 or £2 HLC
6.20- 6.50pm	Bounce & Burn ⌘ <b>La</b> <a href="http://www.bookwhen.com/pushandtone">www.bookwhen.com/pushandtone</a> Push&Tone Fitness Studio <b>Runcorn</b> £4
6.00- 7.30pm	Boxing Fitness – Widnes Boxing Club <b>Widnes</b> £2
7.00- 8.00pm	Boogie Bounce Extreme ⌘ <a href="http://www.bookwhen.com/fitnesswithnicola">www.bookwhen.com/fitnesswithnicola</a> Phoenix Fitness <b>Widnes</b> £5
8.00- 9.00pm	Boogie Bounce Revolution ⌘ <a href="http://www.bookwhen.com/fitnesswithnicola">www.bookwhen.com/fitnesswithnicola</a> Phoenix Fitness <b>Widnes</b> £5
7.15- 8.15pm	Kickboxing Fitness Exercise class – (All) <b>Roar</b> <b>Widnes</b> £5 or £4 HLC
8.10- 8.45pm	Clubbercise- Ditton Community Centre <b>Widnes</b> £4

### Tuesday

9.30- 10.30am	Kettlercise – Birchfield Sport and Social Club <b>Widnes</b> £4 or £2.50 HLC
11.00-11.45am	Zumba Gold (50+) – (Venue TBC Zumba Divas) <b>Widnes</b> £3 or £2 HLC
5.45- 6.15pm	Bounce & Burn ⌘ <b>La</b> <a href="http://www.bookwhen.com/pushandtone">www.bookwhen.com/pushandtone</a> Push&Tone Fitness Studio <b>Runcorn</b> £4
6.30- 7.30pm	Zumba - Frank Myler Pavilion <b>Widnes</b> £4
6.30- 7.00pm	Metafit - Phoenix Fitness <b>Widnes</b> £3.50
7.00- 7.30pm	Metafit ⌘ <b>La</b> <a href="http://www.bookwhen.com/pushandtone">www.bookwhen.com/pushandtone</a> Push &Tone Fitness Studio <b>Runcorn</b> £4
7.10- 8.00pm	Clubbercise- Phoenix Fitness <b>Widnes</b> £4
7.30- 8.00pm	Metafit - Frank Myler Pavilion <b>Widnes</b> £4
8.00- 9.00pm	Zumba - Sandymoor Community Centre <b>Runcorn</b> £4 or £2.50 HLC
8.00- 9pm	Fitcamp – Frank Myler Pavilion <b>Widnes</b> £4 or £3 HLC

### Wednesday

10.45- 11am	Boogie Bounce Extreme ⌘ <a href="http://www.bookwhen.com/fitnesswithnicola">www.bookwhen.com/fitnesswithnicola</a> Phoenix Fitness <b>Widnes</b> £5
6.00- 7.30pm	Boxing Fitness – Widnes Boxing Club <b>Widnes</b> £2
6.30- 7.30pm	Fitcamp – Frank Myler Pavilion <b>Widnes</b> £4 or £3 HLC
7.30- 8.30pm	Boxing Fitness <b>La</b> – Widnes Boxing Club <b>Widnes</b> £3
7.00- 7.45pm	Boogie Bounce Extreme ⌘ <a href="http://www.bookwhen.com/fitnesswithnicola">www.bookwhen.com/fitnesswithnicola</a> Phoenix Fitness <b>Widnes</b> £5
8.15- 9.00pm	Kettlercise – Birchfield Sport and Social Club <b>Widnes</b> £4 or £2.50 HLC
8.00- 9.00pm	Olympic Weight Lifting Exercise class – (All) <b>Roar</b> <b>Widnes</b> £5 or £4 HLC

## Thursday

9.30- 10.30am	Push & Tone (mums and prams) <b>Runcorn</b> Hill Park – £3 (meet at Duck pond –Park rd) (term time only)
9.30- 10.30am	Clubbercise - Phoenix Fitness <b>Widnes</b> £4
10.45- 11.30am	Boogie Bounce for Mums - Phoenix Fitness <b>Widnes</b> £4
11.00- 12.00pm	Pram Fitness – Victoria Park <b>Widnes</b> £3 or £2 HLC Spring – Summer only
2.00- 4.00pm	Mamafit – Frank Myler Pavilion <b>Widnes</b> <a href="http://www.bookwhen.com/mamafit">www.bookwhen.com/mamafit</a>
5.45- 6.15pm	KettleStrength - ⌘ <b>La</b> <a href="http://www.bookwhen.com/pushandtone">www.bookwhen.com/pushandtone</a> Push &Tone Fitness Studio <b>Runcorn</b> £4
6.00- 6.30pm	Metafit - Frank Myler Pavilion <b>Widnes</b> £3
6.20- 6.50pm	LBT - ⌘ <b>La</b> <a href="http://www.bookwhen.com/pushandtone">www.bookwhen.com/pushandtone</a> Push &Tone Fitness Studio <b>Runcorn</b> £3.50
7.30- 8.30pm	Pi Yo (Pilates & Yoga fast flowing, high intensity combo)- Frank Myler Pavilion <b>Widnes</b> £3.50

## Friday

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

## Saturday

9.00- 9.50am	Kettlercise - Frank Myler Pavilion (term time only) <b>Widnes</b> £4
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## Sunday

10.00-10.45am	Bootcamp - ⌘ <b>La</b> <a href="http://www.bookwhen.com/pushandtone">www.bookwhen.com/pushandtone</a> Push &Tone Fitness Studio <b>Runcorn</b> £4.50
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⌘ 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