

## Monday

- 10.30-11.30 **Hatha Yoga & Singing Bowl Meditation** £5 or £3 HLC\*  
6-7pm **Pilates on the Ball** £5  
7-8pm **Ashtanga Yoga** £5 or £3 HLC\*

## Tuesday

- 9.30-10.20am **Stay Fit & Tone Gentle Easy Exercise** £3 (waiting list applies)  
10.30-11.30 **Mature Movers dance based exercise for 50+** £3  
11.30am-12.30pm **Flexercise** £5  
12.30am-1.30pm **50+ exercise class** £3  
6.30-7.30pm **Zumba** £4  
7.30- 8pm **Metafit** £3  
8-9pm **Tai Chi Yang & Qigong** £5

## Wednesday

- 9.30-10.30am **Pilates** £5  
7.30-8.30pm **Yoga – Yin Yang** £4

## Thursday

- 10-11am **Movement Therapy Gentle Easy Exercise** £3  
11.15am-12.15pm **Heal the Body Yoga** £5  
2.45-4pm **Rock Steady – boxing fitness for Parkinson's disease** - (must book)  
6.30-7.30pm **Living Yoga** £5

## Friday

- 10.00-11.00am **Stay Fit & Tone Gentle Exercise** £3 (waiting list applies)  
11.00-12.00pm **Tai Chi** £5  
1-2.30pm **Fresh Start Weight Management program** call 0300 0290029  
5-6pm **Kids love Yoga (7-12yrs)** £4.50

## Saturday

- 9-9.50am **Kettlercise** £4 (term time only)  
The Frank Myler Pavilion

Liverpool Rd, Widnes, WA8 7EZ next to Ditton Primary (sat nav -Ditton Primary School, WA8 7HD)

Call Frank Myler Pavilion for general enquiries: 0151 511 8282

Call Paula Parle for further information about classes in Halton: 0151 511 8550 [Paula.parle@halton.gov.uk](mailto:Paula.parle@halton.gov.uk)

This Timetable is subject to on-going change -Check [www.activehalton.co.uk](http://www.activehalton.co.uk) for updated activity timetables

\*HLC: Halton Leisure Card