

A selection of gentle exercise sessions May 2024 version 1
Call Paula Parle: Halton Borough Council for further enquiries: 0151 511 8550

Time	Coach	Class	Town	£
Monday				
9.30-10.30am	Tara	Zumba-Dance - Frank Myler Pavilion	Widnes	£4
10.30-11.30am	Amanda	Yoga & Relaxation Beginner level - Phoenix Fitness	Widnes	£5
11.15-12.15pm	Elizabeth	Fit 2 Dance - Castlefields Community Centre	Runcorn	£5
11.45-12.30pm	Beth	Dance-Exercise 50+ suitable for beginners – Phoenix Fitness	Widnes	£4
11.30-12.30pm	Michelle	Mindful Movement mobility class - Ditton Community Centre	Widnes	£4
11.30-12.30	Kerley	Total Body Wellness Walx with or without poles– Victoria Park	Widnes	£7
1-2pm	Peter	Tai-Chi – Castlefields Community Centre	Runcorn	£6
1.30- 2.15pm	Sam	Mature Movers Chair Exercise (50+) Ditton Community Centre	Widnes	£3.50
6 - 7pm	Nikki	Pilates on the Ball Beg - Frank Myler Pavilion ☼	Widnes	£7
Tuesday				
9.30-10.20am	Chris	Stay Fit – (Beg-All) Upton Community Centre	Widnes	£5
10- 11am	Janet	Gentle Yoga –(standing & chair) Castlefields Community Centre	Runcorn	£6
10- 10.45am	Sam	Mature Movers dance-based fitness – Frank Myler Pavilion	Widnes	£3.50
11- 11.45am	Clare	50+ Fitness – Phoenix Fitness	Widnes	£4
11.30-12.20pm	Chris	Stay Fit – (Beg-All) - Castlefields Community Centre	Runcorn	£5
1.15-2.15pm	Janet	Chair Exercise & Yoga – Frank Myler Pavilion	Widnes	£6.50
2.30-3.30pm	Tommy	Rock Steady none contact boxing for people with Parkinsons disease Widnes Fitness ☼ <i>(Contact RSB)</i>	Widnes	£5
2.30-3.45pm	Janet	Gentle Yoga – Frank Myler Pavilion	Widnes	£6.50
5.30- 6.45pm	Janet	Gentle Yoga – Castlefield's Community Centre	Runcorn	£7
7-8pm	Emma	Yoga – Frank Myler Pavilion	Widnes	£6
Wednesday				
10-11am	Diane	Movement Therapy Castlefield's Community Centre	Runcorn	£5
10.20-11am	Michelle	Tone and Stretch – Frank Myler Pavilion	Widnes	£3.50
11am -12pm	Nikki	Pilates – Frank Myler Pavilion	Widnes	£7
11am-12.00pm	Bob	Beginners Tai Chi- Cancer Support – Cronton Community Centre	Widnes	£5
11.45-12.30pm	Beth	Dance-Exercise 50+ suitable for beginners – Phoenix Fitness	Widnes	£4
12.30-1.30pm	Sue C	Mindful Movement low impact exercise	Widnes	£5
2-3pm	Paula	Active Bingo – Frank Myler Pavilion (Tea Coffee chat 2.45pm)	Widnes	£2
7-8pm	Emma	Yoga – Frank Myler Pavilion	Widnes	£6
7.30- 8.30pm	Victor	Milestone Movers Gentle Exercise - Ditton Community Centre	Widnes	£4
Thursday				
9.30-10.30am	Nikki	Yoga – Frank Myler Pavilion	Widnes	£7

Continued over-leaf:

10-11am	M	Yoga – Castlefields Community Centre	Runcorn	£3
10-11am	Diane	Movement Therapy Upton Community Centre	Widnes	£5
10.30-11.20am	Chris	Stay Fit – (Beg-All) Frank Myler Pavilion	Widnes	£5
10.20-11.30am	Stephen	Tai Chi – Widnes Masonic Hall (temp location call to check)	Widnes	£6
10.30-11.15am	Beth	Dance-Exercise 50+ suitable for beginners – Phoenix Fitness	Widnes	£4
10.30-11.30am	Kerley	Total Body Wellness Walx with or without poles – Runcorn Hill	Runcorn	£7
11.15-12.15pm	Elizabeth	Fit 2 Dance - Castlefields Community Centre	Runcorn	£5
2.30-3.30pm	Tommy	Rock Steady none contact boxing for people with Parkinson's disease Widnes Fitness ☼ (<i>Contact RSB</i>)	Widnes	£5
6.30-7.15pm	Beth	Dance-Exercise 40+ suitable for beginners – Phoenix Fitness	Widnes	£4
Friday				
10-11am	Peter	Tai-Chi – Frank Myler Pavilion	Widnes	£6
10- 11am	Janet	Gentle Keep-fit - Castlefields Community Centre	Runcorn	£6
10-10.50am	Chris	Stay Fit – (Beg-All) Ditton Community Centre	Widnes	£5
10.30-11.15am	Sam	Mature Movers Dance Exercise (All 50+) – Murdishaw Community Centre	Runcorn	£3.50
6-7pm	Tommy	Rock Steady none contact boxing for people with Parkinson's disease Widnes Fitness ☼ (<i>Contact RSB</i>)	Widnes	£5

9am Saturday Parkrun Victoria Park Widnes & Phoenix Park Runcorn

9am Sunday Junior Parkrun Victoria Park Widnes & Phoenix Park Runcorn

Parkrun's are free and you can walk Check our webpage below for further details

- *See separate sheet for class descriptions and full addresses*

Also available:

- Social Sports: Exercise and meet new people inc New Age Bowling/ Table Tennis etc– see separate timetable.
- Health Walks Schedule – free Health & Wellbeing walks in Widnes and Runcorn

For information on:

- Health Walks; lead or independent call Paula Parle on 0151 511 8550.
- Swimming Sessions call Kingsway Leisure Centre 0151 495 2200
- Halton's Health Improvement Team programmes including Weight Management call: 0300 029 0029
- Wheels for All: Cycling for people of all ages, disabilities and differing needs, contact Shane 07469 148247
www.cycling.org.uk
- Parkrun and Running Clubs, call Paula Parle 0151 511 8550

Contact Paula Parle for general enquires or to request a contact number for a coach

Use a direct contact where shown:

Paula Parle: 0151 511 8550

(RSB) Tommy 07517 499409

(B): Brindley Arts Centre: 0151 907 8360

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.

Keep up to date with the latest news and activity sessions: www.activehalton.co.uk

Class key and intensity level:

Beg Suitable for beginners ☼ Booking necessary

Other Useful websites: www.halton.gov.uk www.sportengland.org www.weareundefeatable.co.uk

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

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.