

**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
- 6.00- 7.00pm Bodyfit Full Body workout ☼ 07938 112950 – Acorn Centre **Runcorn** £4
- 6.00- 7.30pm Boxing Fitness – Widnes Boxing Club **Widnes** £2
- 6.30- 7.20pm Zumba ☼ [www.bookwhen.com/nicolamoran](http://www.bookwhen.com/nicolamoran) Phoenix Fitness **Widnes** £4.50
- 7.30- 8.15pm Body Blitz ☼ [www.bookwhen.com/nicolamoran](http://www.bookwhen.com/nicolamoran) Phoenix Fitness **Widnes** £4.50
- 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
- 8.00- 8.45pm Clubbercise- Ditton Community Centre **Widnes** £4

**Tuesday**

- 9.00- 9.30am Train with Sue Exercise & Circuits – Victoria Park **Widnes** Free (term-time only)
- 9.30- 10.30am Kettlercise – Birchfield Sport and Social Club **Widnes** £4 or £2.50 HLC
- 5.50- 6.20pm LBT ☼ *La* [www.bookwhen.com/pushandtone](http://www.bookwhen.com/pushandtone) Push &Tone Fitness Studio **Runcorn** £4
- 6.30- 7.15pm Zumba ☼ *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- 7.20pm Boogie Bounce Extreme- [www.bookwhen.com/nicolamoran](http://www.bookwhen.com/nicolamoran) Phoenix Fitness **Widnes** £4.50
- 7.30- 8.00pm Metafit - Frank Myler Pavilion **Widnes** £4
- 8.00- 9pm Fitcamp – Frank Myler Pavilion **Widnes** £4 or £3 HLC

**Wednesday**

- 6.00- 7.00pm Bodyfit Full Body workout ☼ 07938 112950 – Acorn Centre **Runcorn** £4
- 6.00- 7.30pm Boxing Fitness – Widnes Boxing Club **Widnes** £2
- 6.30- 7.30pm Fitcamp – Frank Myler Pavilion **Widnes** £4 or £3 HLC
- 6.30- 7.00pm Functional Fitness ☼ *La* [www.bookwhen.com/pushandtone](http://www.bookwhen.com/pushandtone) Push &Tone Fitness Studio **Runcorn** £4
- 6.30- 7.00pm Boogie Bounce Express- [www.bookwhen.com/nicolamoran](http://www.bookwhen.com/nicolamoran) Phoenix Fitness **Widnes** £4
- 7.30- 8.30pm Boxing Fitness *La* – Widnes Boxing Club **Widnes** £3
- 7.30-8.30pm Zumba – Kingsway Leisure Centre **Widnes** £4

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

10.10- 11am Clubbercise - [www.bookwhen.com/nicolamoran](http://www.bookwhen.com/nicolamoran) Phoenix Fitness Widnes £4.50  
6.00- 6.30pm KettleStrength ⌘La [www.bookwhen.com/pushandtone](http://www.bookwhen.com/pushandtone) Push &Tone Fitness Studio Runcorn £4  
6.35- 7.15pm Body Blast ⌘La [www.bookwhen.com/pushandtone](http://www.bookwhen.com/pushandtone) Push &Tone Fitness Studio Runcorn £4  
7.45- 8.15pm Kettlercise – Birchfield Sport and Social Club Widnes £4 or £3 HLC

### Friday

9.30-10.15am Zumba – Moon Meadow Widnes £4 or £3 HLC  
9.30- 10.00am Body Blitz [www.bookwhen.com/nicolamoran](http://www.bookwhen.com/nicolamoran) Phoenix Fitness Widnes £3.50  
6.00- 7.30pm Boxing Fitness – Widnes Boxing Club Widnes £2  
6.00- 7.00pm Fitcamp – Frank Myler Pavilion Widnes £4 or £3 HLC  
6.00- 7.00pm Bodyfit Full Body workout ⌘ 07938 112950 – Acorn Centre Runcorn £4

### Saturday

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

### Sunday

11.00-12.00pm Zumba – Masonic Hall Widnes £3

⌘ 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