

Halton Zoom Community Exercise Class Time Table

Aug 2020 v1



Colour by coach, see colour key at bottom of page

Monday		Minutes
10am	Step	30
10am	Pilates	60
10am	Beginners Yoga	60
4pm	Chair Based Yoga Especially suited to older adults	60
6pm	Boxercise	60
12.15pm	Legs Bums Tums	30
6pm	Ashtanga Yoga	60
6.30pm	Hatha Yoga & Meditation	60
6.30pm	Body Blast	30
6.45pm	Zumba	45
7.30pm	Kettlercise	45
7pm	Pilates	30
Tuesday		
9.15	Kettlercise	45
10am	Step-Hit	30
10am	Beginners Yoga	60
10am	Chair based exercise	40
11am	Mature Movers	40
6.30pm	Ashtanga Yoga	60
6.30pm	Zumba	45
Wednesday		
10am	Beginners Yoga	60
2.30pm	Beginners Yoga (no kneeling or sitting on the floor)	60
4.30pm	Gentle Yoga for All	90
5.45pm	Legs Bums Tums	30
6pm	Bodyfit	60
6pm	Ashtanga Yoga	60
6.30pm	Kettle Strength	30
6.45pm	Zumba	45
7.30pm	Kettlercise	45
8pm	Core & Restore	30
Thursday		
10am	Beginners Yoga	60
10am	Chair Fitness	30
12.15pm	Pilates	30
5.15pm	Gentle Yoga for All	90
5.45pm	Step	30
6pm	Yoga	60
6.30pm	Ashtanga Yoga	60

7.45pm	Kettlercise	45
10am	Chair based exercise	40
11am	Mature Movers Circuit	40
Friday		
9.30pm	Zumba	45
10am	Aerobics	30
10am	Beginners Yoga	60
10am	Mindful Movement & Meditation – mind & body ease tension & relax	60
11am	Mature Movers Circuit	40
12.15pm	Bodyblast	30
6pm	Ashtanga Yoga	60
6pm	ENDURE	60
Saturday		
9am	Slow Flow Yoga	60
10am	Kettle Strength	30
10am	Beginners Yoga	60
5.30pm	Zumba	45
6pm	Ashtanga Yoga	60

All classes on Zoom and subject to change; contact your local coach to make enquiries, book a slot and arrange payments:

Contacts:

Sam Hickey Purple Gecko	07840503471 purplegecko@outlook.com £6 per month
Karen MacIntyre Push&Tone	07887 588485 www.bookwhen.com/pushandtone
Janet Woodcock Cheshire Yoga & Fitness	07871155740 helenjanetwoodcock@gmail.com £5 per week
Kara Shaw	07938112950 kfitkinaestheticfitness@gmail.com £5 per class
Charalene Lee	07455 028148 www.yogazenharrowgate.weebly.com Halton residents £4 per class or £10 weekly pass
Nikki Hill	07986576058 nicola67@yahoo.co.uk £4 per class
Ceri George	07921729271 cerigeorge@hotmail.com
Emma Stubbs	07834 356264 stubbsyoga@hotmail.com £5 donation per class
Aimee Jones	aimee.jones@hotmail.co.uk

For further information about staying active or getting started:

<https://activehalton.co.uk/>

Call Paula Parle 0151 511 8550 paula.parle@halton.gov.uk

Taking part in online exercise/ activity classes:

As with all exercise programs, you need to use common sense. Choose an exercise program/activity that's suitable for you. Ensure you are fit and well to take part, make sure you are warmed-up, keep well hydrated and stop if you feel unwell. You take part at your own risk, you should discuss and health conditions that may affect your ability to take part with your exercise coach and should seek medical advice if appropriate.