



Be Active Stay Healthy this Autumn & Winter with **activeMe**

Halton Community Exercise Coaches are delivering exercise classes on Zoom/or online.

Exercise is great for physical and mental health and zoom classes give you the opportunity to be with other like-minded people online while you look after your health and support our NHS

Push&Tone is a **ladies only** online fitness studio. Offering a variety of classes for all ages and abilities, to be completed in the comfort of your own home, at a time that suits you. You can attend live classes or access pre-recorded workouts, the choice is yours.

Find expertise in female fitness and passion to help ladies achieve their fitness, health and wellbeing goals

Contact pushandtoneruncorn@gmail.com

Karen 07887 588485

Hi, my name is Bob Wheat; I am a Tai Chi teacher and currently teaching on Zoom. The classes are for anyone who hasn't taken part in Tai Chi before, they are fun classes, where you can stand or do the majority of the exercises sitting down. Ideal for mobility, balance and a good way to reduce stress, particularly at the present moment.

Contact bobwheat7@gmail.com

Bob 07507 013283

Hi my name is Sam Hickey and I teach Mature Movers dance based exercise for older adults and low impact chair based exercise ideal to keep those joints moving and all for just £6 per month. I will be running four free 30-minute classes per week in Jan 2021

Contact info@purplegeckofitness.com

Sam 07840 503471

Hi my name is Nikki Hill and I'm teaching Yoga, Pilates and Mindful Movement on zoom.

Join me for a tonic for Body & Mind, and create a sense of wellbeing. Controlled exercise – no sweat. Improve tone, posture, suppleness and condition your core. Mindful Movement is chair-based, allow yourself to move mindfully into stillness and calm, untangle your mind, just £4 per class

Contact nicola67@yahoo.co.uk

Nikki 07986576058

Hi my name is Janet Woodcock and I teach a variety of easy yoga classes something for everyone. Some classes are calming and relaxing, some are stronger and more energising, some do not involve kneeling or sitting on the floor and some classes are done completely seated in the chair. Join my classes live or recorded for just £5 per week.

Contact helenjanetwoodcock@gmail.com or Tel: 07871155740

Hi my name is Ceri George and whilst my dance studio is closed I'm teaching Zumba and Kettlecise on zoom. Join us for some fun and a good workout at home, please contact me for further details.

Contact: cerigeorge@hotmail.com

Ceri 07921 729271

Hi, my name is Emma Stubbs and I am teaching a variety of Yoga classes on zoom including Hatha Yoga a calming yoga with traditional poses and Yin Yang a perfect mix of flowing vinyasa and quiet time. £5 donation per class.

Contact stubbsyoga@hotmail.com

Emma 07834 356264

Hi my name is Charalene and I'm teaching Ashtanga yoga on zoom Ashtanga involves synchronising the breath with a progressive series of postures - a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. Halton residents £4 per class or £10 weekly pass.

Contact www.yogazenharrowgate.weebly.com

Charalene 07455 028148

Hi my name is Kara Shaw and I teach a selection of fitness classes using your own body weight for resistance, including Body Fit and Boxercise, £5 per class.

Contact kfitkinaestheticfitness@gmail.com

Kara 07938 112950

Hi my name is Aimee and I am teaching Zumba classes on zoom, join me for a fun class with some high energy dance tunes, work at your own pace, its sure to put a smile on your face. £3 per class

Contact aimee.jones@hotmail.co.uk

Join me, Beki Bliss for a yoga inspired meditative practice that is "energetically" calming involves lots of lying down and will hopefully bring lightness in the darkness... incorporates breath work, gentle movement and postures, mudras, myth, deep relaxation and more ... time out time for grown ups! All levels, experience and abilities.

Contact bekibliss@gmail.com <https://www.facebook.com/BallisticBliss/>

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.

