

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- 7.30pm Zumba ☼ www.bookwhen.com/fitnesswithnicola Phoenix Fitness **Widnes** £4.50
- 7.30- 8.30pm Circuits ☼ www.bookwhen.com/fitnesswithnicola 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

- 9.30- 10.30am Kettlercise – Birchfield Sport and Social Club **Widnes** £4 or £2.50 HLC
- 5.50- 6.20pm LBT ☼La www.bookwhen.com/pushandtone Push &Tone Fitness Studio **Runcorn** £4
- 6.30- 7.15pm Zumba ☼La www.bookwhen.com/pushandtone Push &Tone Fitness Studio **Runcorn** £4
- 5.50- 6.20pm LBT ☼La www.bookwhen.com/pushandtone Push &Tone Fitness Studio **Runcorn** £4
- 6.30- 7.30pm Zumba - Frank Myler Pavilion **Widnes** £4
- 6.30- 7.30pm Boogie Bounce - www.bookwhen.com/fitnesswithnicola 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 Push &Tone Fitness Studio **Runcorn** £4
- 6.30- 7.30pm Boogie Bounce - www.bookwhen.com/fitnesswithnicola Phoenix Fitness **Widnes** £4.50
- 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 Kettlecise – 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/fitnesswithnicola Phoenix Fitness Widnes £4
6.00- 6.30pm KettleStrength ⌘La www.bookwhen.com/pushandtone Push &Tone Fitness Studio Runcorn £4
6.35- 7.15pm Body Blast ⌘La www.bookwhen.com/pushandtone Push &Tone Fitness Studio Runcorn £4
7.30- 8.30pm Pi Yo (Pilates & Yoga fast flowing, high intensity combo)- Frank Myler Pavilion Widnes £3.50
7.45- 8.15pm Kettlecise – 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 Legs Bums Tums www.bookwhen.com/fitnesswithnicola Phoenix Fitness Widnes £4
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 Kettlecise - 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

- ✚ *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