

Over 50's Dance Exercise

Dance based exercise class to music

Monday 11:45-12:30 **50+**

Wednesdays 11.45am-12.30pm **50+**

Thursdays 10.30-11.15am **50+**

Thursdays 6:30-7:15pm **40+**

Phoenix Fitness studios. Dickson St, Widnes WA8 6PW (just off Iceland car park)

First class is free and then its **£4** a class

Contact Bethany Callender: bethfreelancedance@hotmail.com

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For further information on Physical Activity in Halton:

Call Paula Parle 0151 511 8550

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