

Stay Fit *with Chris*

Exercise Classes

Suitable for Fresh-Start follow-on and Beginners

Monday's 9.30-10.30am Stay Fit

Frank Myler Pavilion - Widnes £5

Monday's -10.45-11.45am Stay Fit Circuit

Frank Myler Pavilion - Widnes £5

Tuesday's 11.30-12.30pm Stay Fit

Castlefields Community Centre- Runcorn £5

Thursday's 10.30-11.20am Stay Fit

Frank Myler Pavilion- Widnes £5

Friday's 10-10.50am Stay Fit & Tone

Ditton Community Centre- Widnes £5

Easy- Moderate exercise for all levels-

Improve fitness, muscle tone, balance, flexibility, co-ordination and confidence with gentle-moderate exercise to music

For further information about Stay Fit contact: Chris Molyneux: 07563665956

For further information on Physical Activity in Halton: Call Paula Parle 0151 511 8550