



Halton Sports Development
National Fitness Day

FREE sessions

To book your place or for further
information please contact:-
Telephone Number: - 0151 511 8550
0151 511 8430
Email: - FMenquiries@halton.gov.uk

Wednesday 9 September 2015

3 to 5pm

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**Frank Myler Sport and Recreation Ground,
Liverpool Road, Widnes, WA8 7EZ**

Multi Activities

For All Ages

Come & Try it **FREE** sports sessions

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**Have a look around the new
FRANK MYLER PAVILION**

Have a look inside the brand new Frank Myler Pavilion and let us know
what you think.

7 to 8pm

Touch Rugby

Ages 16yrs+

FREE Touch Rugby, for all abilities

www.halton.gov.uk



Follow us on Facebook - [Halton Sports Development](#)



get
@active

FREE Fitness sessions to celebrate
**NATIONAL FITNESS DAY
2015**

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Wednesday 9 September 2015

5:30 to 8:30pm

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**Frank Myler Sport and Recreation Ground,
Liverpool Road, Widnes, WA8 7EZ**

For Ages 16yrs+

INSANITY

With Christine

5:30 to 6:00pm

(High Intensity - For Keep Fit enthusiasts)

FITSTEPS



With Abby

7:30 to 8:30pm

(Latin and Ballroom based dance fitness class - For All abilities)

 **ZUMBA**
FITNESS

With Nicola

6:30 to 7:30pm

(Latin and International music with a fun and effective workout - For All abilities)

***Please note we reserve the right to cancel or substitute for other activities**

www.halton.gov.uk



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HALTON
BOROUGH COUNCIL