

NEW!

Low Impact Aerobics

Starting 7th September 2025

Tuesday 2.45-3.45

Meadowcroft Wellbeing Hub

Our low-impact aerobics offer gentle, joint-friendly exercises that improve heart health and flexibility.

Movements like walking in place, step touches, or light dance can be done standing or seated in a chair, making them ideal for all fitness levels.

Discover **Exciting Activities**
and **Embrace New Experiences**
with **Age UK Wirral**.

For further information, please contact:
Wellbeing Services
0151 482 3456 | ageukwirral.org.uk

£5
per
Session