

**NEW!**

# Low Impact Aerobics

## Starting 7<sup>th</sup> 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](http://ageukwirral.org.uk)

£5  
per  
Session