



Aerobics

Thursday 2.30pm-3.30pm

Meadowcroft Wellbeing Hub

Our Aerobics class is a fantastic way to stay active, socialise, and boost your mood, all whilst having fun and moving at your own pace!

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