



Dance FIT

Thursday 2.30pm-3.30pm

Meadowcroft Wellbeing Hub

Dance FIT is a fun fitness class for people who want to stay active and social. The class combines dance movements with exercises set to music from the 60s, 70s and 80s, helping improve balance, flexibility and overall fitness. No dance experience is needed, and movements can be adapted so everyone can move at their own pace in a friendly, supportive environment.

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