



# Zumba Aerobics

Thursday 2.30pm-3.30pm

## *Meadowcroft Wellbeing Hub*

Zumba Aerobics allows participants to enjoy the excitement of Zumba while moving at a comfortable pace. It's a fantastic way to stay active, socialise, and boost your mood, all whilst having fun!

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)

 Wirral,  
Liverpool & Sefton  
**ageUK**  
Let's change how we age