



## 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**  
**age UK** *Let's change how we age*