

## Exercise Classes

### Pilates

Arrowe Park, Mondays, 6pm, all ages and abilities welcome. Call **0151 652 9701** for further information and to check availability

Meadowcroft, Spital Road, Bromborough (*Via.Age UK Wirral*): For further details on the full range of activities available, please get in touch by calling **0151 482 3456**.

Oxton, Christchurch Community Centre, Bessborough Road Tuesdays from 7-8pm. £4 per class, no need to book. Call Dave **07842 442 057** for more information or visit [www.bodybalancewirral.co.uk](http://www.bodybalancewirral.co.uk)

*Just Pilates* at Heswall Hall – a 1 hour class every Wednesday at 3:15PM. £6 per session.

### Salsa

Meadowcroft, Spital Road, Bromborough (*Via.Age UK Wirral*): For further details on the full range of activities available, please get in touch by calling **0151 482 3456**.

### Zumba

St Catherine's Community Centre, The Lodge, St Catherines Health Centre, Tranmere CH42 0LQ Fun, Dance based Workout: £2:00 per session

North Birkenhead Development Trust – St James Centre  
St James Centre, 344 Laird Street, Birkenhead CH41 7AL Thu 1-2 PM Zumba (£2 per session)  
Phone: 0151 670 9974

North Birkenhead Development Trust – St James Centre  
St James Centre, 344 Laird Street, Birkenhead CH41 7AL  
Mon 6-7PM Circuits (£2)

### Clubbercize

An energetic dance workout with glow sticks.

Bidston, Wirral Tennis & Leisure Centre; Mondays 8:15pm-9:15pm Wednesdays 8:30pm-9:30pm

Leasowe Leisure Centre; Tuesdays 7-8pm Thursdays 8-9pm, Fridays 5-5:45pm & 8-8:45pm

West Kirby Concourse Leisure Centre; 7:15pm-8:15pm

Woodchurch Leisure Centre; Thursdays 11pm-12pm & 7pm-8pm

Bebington, The Oval Leisure Centre; Thursdays 10:15am-11:15am, Fridays 8pm-9pm

### Hour of Power

Heswall: Mondays, 9.30am St Peter's Centre/ Tuesdays, 9.30am, Church of Good Shepherd  
The workout where BodyPump meets Yoga, Pilates and Fab Abs. £5 for more information  
contact Conrad on **07838 240077** or [www.rockmountain.co.uk](http://www.rockmountain.co.uk)

### Metafit

Heswall: Wednesdays, 9.30am, Church of Good Shepherd  
This ain't no dance class! The perfect 30-minute HIIT workout. £5, for more information –  
please contact Conrad on **07838 240077** or [www.rockmountain.co.uk](http://www.rockmountain.co.uk)

### Gentle Floor & Chair Exercise-'New Ferry Tone-Ups':

New Ferry Village Hall (in term time) opposite Grove Street Primary School. Mondays  
& Thursdays 9.50-10.50am Welcoming new members of all ages who would like to get fit  
through regular, gentle floor and chair exercises. Beginners welcome, bring a friend! £3.50  
per session. For more information phone about the classes call **0151 644 7671**.

### Yoga

Tranmere; St Catherine's Community Centre, The Lodge, St Catherines Health Centre, CH42  
0LQ – Thursdays 1-2pm. For more information, Call **0151 647 3619**

### Yoga for BIGGER bodies :

Lessons are slow paced & the difference is that the yoga has been adapted with bigger  
bodies in mind. Suitable for all ages & abilities. Designed to encourage & build your  
confidence as well as increase your knowledge of yoga. (All equipment provided) For more  
information call Sharon on **0151 625 2487**

### Yoga for Everyone:

Birkenhead Park Visitor Centre, Sundays 10am-11:15am. **Free class!**-donations for the park  
gratefully received. Beginners Welcome. Please bring a mat if you have one (some mats  
available)& a blanket for warmth during relaxation (over 18s only)

### Bodybalance (Yoga) Classes:

Oxton, Christchurch Community Centre, Bessborough Road, Mon & Wed 7-8pm, Tue from 7-  
8pm. £4 per class, no need to book. Call Dave **07842 442 057** for more information or visit  
[www.bodybalancewirral.co.uk](http://www.bodybalancewirral.co.uk)

### Meditation

Hoyle Community Centre, Hoyle Road, Thursday, 7.30pm. Everyone welcome. Call **0151  
652 2210**

### Chair Based Exercise/Chair Aerobics

(Chair based exercise) Wallasey; Claremount Church, Claremount Road: Fridays, 10.30–  
11.30am>**via.Age UK Wirral**



Wirral Community Health and Care  
NHS Foundation Trust  
Chair: Professor Michael Brown CBE DL  
Chief Executive: Karen Howell

(Sit Fit Class) Tranmere; St Catherine's Community Centre, The Lodge, St Catherines Health Centre, CH42 0LQ – Wednesdays 10:30-11:30am and Thursdays 10:45-11:45 AM. £2.00 per session. For more information, Call **0151 647 3619**

### Aerobics

Bebington, Oval Leisure Centre, Old Chester Road; Monday & Wednesdays, 9:30-10:30am  
To book onto a class, **call Wirral Leisure Centers** booking line on: **0151 606 2010**  
Cost £5.10 or Free for invigor8 members/ Invigor8 standard-£2 charge after 5pm

### Aerobics Plus

A high energy aerobics workout. Similar to basic aerobics, but with a bit more burn

Bidston, Wirral Tennis & Leisure Centre; Monday 6-7pm

Europa Pools, Birkenhead; Thursday 7:25pm-8:25pm

To book onto a class, **call Wirral Leisure Centers** booking line on: **0151 606 2010**. Cost £5.10 or Free for invigor8 members/ Invigor8 standard-£2 charge after 5pm

### Step Aerobics

One 'step' up from aerobics, this high energy session uses a 'platform' to enhance your workout.

Bebington, The oval Leisure Centre; Tuesday 7:15pm-8:15pm, Wednesday 6:30pm-7:30pm, Friday 9:30am-10am, Saturday 9-10am, Sunday 10am-11am

Woodchurch Leisure Centre; Mondays 7pm-8pm

Leasowe Leisure Centre; Tuesdays 7pm-7:45pm

Bidston, Wirral Tennis & Leisure Centre; Wednesdays 6pm-7pm

Birkenhead, Europa Pools Leisure Centre; Wednesdays 7:30pm-8:30pm

To book onto a class, **call Wirral Leisure Centers** booking line on: **0151 606 2010**. Cost £5.10 or Free for invigor8 members/ Invigor8 standard-£2 charge after 5pm

### Easyline Fitness:

A low impact seated class that combines gentle aerobics with muscle toning.

West Kirby Concourse Leisure Centre; Mondays 11:30am-12:30pm, Tuesdays 10:30am-11:30am, Wednesdays 11:45am-12:30pm. To book onto a class, **call Wirral Leisure**

**Centers** booking line on: **0151 606 2010**. Cost £5.10 or Free for invigor8 members/ Invigor8 standard-£2 charge after 5pm



Wirral Community Health and Care  
NHS Foundation Trust

Chair: Professor Michael Brown CBE DL  
Chief Executive: Karen Howell