



Monday

1pm - 2pm Yoga

2pm - 3pm & 3pm - 4pm Box Fit

4pm - 5pm Tai Chi



Tuesday

Motiv8! MOT Wellbeing Workshop 10am - 1pm

2:30pm - 3pm Chair Fit



Wednesday

10am - 12pm Table tennis

12pm - 1pm Dance Fit

12:30pm - 3:30pm Walking Group

1pm - 2pm Relaxation Hour

3pm - 6pm Men's Motiv8! Gym



Thursday

12pm - 1pm Running Club

3pm - 5pm Women's Motiv8! Gym

5:30pm - 6:30pm Pilates



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What is Motiv8?

Motiv8! is a health, wellbeing, and physical activity project provided by Wirral Mind and in partnership with Merseyside Sports Partnership, Raw 'n' Real Northwest, Core Movement Studio, Hybrid by Julia Baxter, Sarah Lee Dance, White Tiger Taiji School and Everton Red Triangle Boxing Club.

Motiv8! aims to help people find the physical activity that is right for them, so they are able to enjoy the physical, social and mental benefits of being active.

Physical activity doesn't have to mean running marathons or training every day at the gym. Motiv8! offers an exciting mix of classes and activities in a supportive, friendly and judgement free environment.



No cost



Fun and exciting classes



Adult only zone (18+)



Supportive and qualified instructors

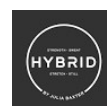


All levels of fitness and abilities

How can I get involved?

Come along to any of our weekly Motiv8! classes or contact us on 0151 512 2200 or learning@wirralmind.org.uk

Classes and times are subject to change.



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