

# Gentle Exercise Classes

Supporting the Local Community

**Holme Parish Hall  
Duke Street  
Holme  
LA6 1PY**



**Every Wednesday  
11:00am to 12:00pm**

**Gentle Exercise classes for adults 50 years and older.**

Stay active and healthy with simple, chair-based exercises aimed at improving your mobility & fitness! There's no need to book, simply come and join in.

For more information about this, or other exercise classes, please call us on **01539 728118** or email **[admin@ageuksouthcumbria.org](mailto:admin@ageuksouthcumbria.org)**



Age UK South Cumbria, 17 Finkle Street, Kendal, Cumbria, LA94AB