

Gentle Exercise Classes

Supporting the Local Community

**Lunesdale Hall
Bective Road
Kirkby Lonsdale
Lancashire
LA6 2BG**



**Every Tuesday
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**



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