



# Gentle Exercise Classes – Arnside

**Every Friday!**

- Class 1 9:30 AM - 10:30 AM
- Class 2 11:00 AM - 12:00 Noon

**Gentle Exercise** classes for over-50s are now available in **Arnside!** Stay active and healthy with simple, chair-based exercises aimed at improving your mobility & fitness!

There's **no need to book** a place or call ahead - simply come along to a class!

**Supporting the Local Community**

## **Class Address**

Arnside Methodist  
Church Hall,  
Chapel Lane,  
Arnside, Carnforth,  
Lancashire,  
LA5 0AQ

## **Administrator**

**Suzanne Ambrose**  
Tel: 01539 728118

