



Gentle Exercise Classes – Endmoor

Every Tuesday!

- 10:30 AM - 11:30 AM

Gentle Exercise classes for over-50s are now available in **Endmoor!** 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

Endmoor Village Hall,
Woodside Road,
Endmoor,
Nr Kendal,
Cumbria,
LA8 0HH

Administrator

Suzanne Ambrose
Tel: 01539 728118

