

# Gentle Exercise Classes

Supporting the Local Community

**Natland and Oxenholme  
Village Hall  
Natland  
Cumbria  
LA9 7QH**



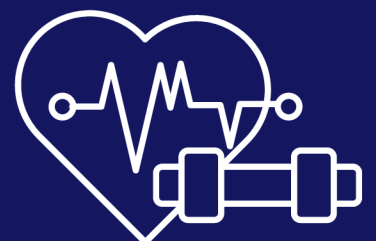
**Every Monday\* 14:00pm to 15:00pm**

**\*With the exception of the 3rd Monday of each month**

**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@ageuksouthlakeland.org](mailto:admin@ageuksouthlakeland.org)**



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