



Gentle Exercise Classes – Grange-over-Sands

Every Thursday!

- 2:00 PM - 3:00 PM

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

Due to limited spaces please contact Suzanne Ambrose to book your place.

Supporting the Local Community

Class Address

United Reformed
Church,
Kents Bank Road,
Grange-over-Sands,
Cumbria,
LA11 7EY

Administrator

Suzanne Ambrose
Tel: 01539 728118

