



Gentle Exercise Classes – Holme

Every Wednesday!

- 11:00 AM - 12:00 Noon

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

Holme Parish Hall,
Duke Street,
Holme,
Carnforth,
LA6 1PY

Administrator

Suzanne Ambrose
Tel: 01539 728118

