



Gentle Exercise Classes – Milnthorpe

Every Tuesday!

- 10:30 AM - 11:30 AM

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

Catholic Church Hall,
Milnthorpe,
Cumbria,
LA7 7PS

Administrator

Suzanne Ambrose
Tel: 01539 728118

