



# Gentle Exercise Classes – Sandylands

**Every Friday!**

- 10:30 AM - 11:30 AM

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

Sandylands  
Methodist Church,  
Sandylands Rd,  
Kendal,  
Cumbria,  
LA9 6EU

## **Administrator**

**Suzanne Ambrose**  
Tel: 01539 728118

