

Gentle Movement Class



Starts 27 April at
**Castle Street
Centre, Kendal**

**Every Monday
1.45 - 2.45pm**



**It is an excellent way to
exercise, socialise and have
fun whilst moving to some
well-known tunes.**

**We look forward to seeing
you!**



**If you would like to find out more or to register your interest, please contact us on
[01539 728118](tel:01539728118). We will be happy to help.**

A suggested donation of [£2.50](#) would be gratefully received.