



# Gentle Exercise Classes – Staveley & Ings

**Every Tuesday!**  
- 2:00 PM - 3:00 PM

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

The location of the class alternates each week between Staveley & Ings, see sidebar for details.

There's **no need to book** a place or call ahead – simply come along to a class!

## **Class Address:**

Staveley Institute,  
69 Main Street,  
Staveley,  
Cumbria,  
LA8 9LN

- 7th & 21st of June
- 5th & 19th of July
- 2nd, 16th & 30th of August
- 13th & 27th of September
- 11th & 25th of October
- 8th & 22nd of November
- 6th & 20th of December
  
- Restarts 17th of January

## **Class Address:**

Ings Village Hall,  
31 Wattsfield Road,  
Kendal,  
Cumbria,  
LA9 5JN

- 14th & 28th of June
- 12th & 26th of July
- 9th & 23rd of August
- 6th & 20th of September
- 4th & 18th of October
- 1st, 15th & 29th of November
- 13th of December
  
- Restarts 10th of January

## **Helpline**

**Tel:** 030 300 30003

## **Administrator**

**Liz Dawes**  
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