

# Over 50's Aqua Aerobics

BETTER



Every Tuesday  
2.45pm - 3.30pm

To book a place or find out more about **Aqua Aerobics**, please contact the Kendal Leisure Centre by calling into their reception or by email at [betterhealthkendal@gll.org](mailto:betterhealthkendal@gll.org)

Refreshments will be provided.

**Supporting the Local Community**



**Kendal Leisure Centre**

Burton Road  
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