



# *Over 50's Seated Exercise Classes*

Every Tuesday 11:00 AM - 12:00 Noon  
Every Thursday 1:30 PM - 2:30 PM

To book a place or find out more about **Over 50's Seated Exercise**, please contact Kendal Leisure Centre reception or email [betterhealthkendal@gll.org](mailto:betterhealthkendal@gll.org)

Refreshments will be provided.

**Supporting the Local Community**



**Kendal Leisure Centre**

Burton Road  
Kendal, Cumbria  
LA9 7HX