



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

Refreshments will be provided.

Supporting the Local Community



Kendal Leisure Centre

Burton Road
Kendal, Cumbria
LA9 7HX