



# Gentle Exercise Classes – Grange-over-Sands

**Every Thursday!**

2:30 PM - 3:30 PM

from 11th July 2024

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

**Due to limited spaces please contact Suzanne Ambrose to book your place.**

Supporting the Local Community

## **Class Address**

United Reformed  
Church,  
Kents Bank Road,  
Grange-over-Sands,  
Cumbria,  
LA11 7EY

## **Administrator**

Suzanne Ambrose  
Tel: 01539 728118

