



Gentle Exercise Classes – Arnside

Every Friday!

10.00am - 11.00am

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

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

Supporting the Local Community

Class Address

Arnside Methodist
Church Hall,
Chapel Lane,
Arnside, Carnforth,
Lancashire,
LA5 0AQ

Contact us on

Tel: 01539 728118

for more information

