

# Gentle Exercise Classes

Supporting the Local Community

**United Reformed Church**  
**Kents Bank Road**  
**Grange-Over-Sands**  
**Cumbria**  
**LA11 7EY**

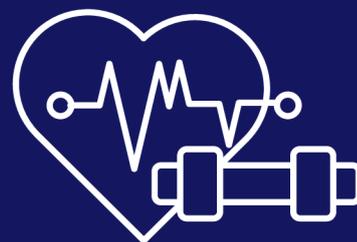


**Tuesdays: 14:00pm to 15:00pm**  
**Thursday: 14:30pm to 15:30pm**

**Gentle Exercise classes for adults 50 years and older.**

Stay active and healthy with simple, chair-based exercises aimed at improving your mobility & fitness! There's no need to book, simply come and join in.

For more information about this, or other exercise classes, please call us on **01539 728118** or email **[admin@ageuksouthlakeland.org](mailto:admin@ageuksouthlakeland.org)**



Age UK South Lakeland, 17 Finkle Street, Kendal, Cumbria, LA94AB