

Gentle Exercise Classes

Supporting the Local Community

**Natland and Oxenholme
Village Hall
Natland
Cumbria
LA9 7QQ**



Every Monday* 14:00pm to 15:00pm

***With the exception of the 3rd Monday of each month**

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**



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