

## Gentle Exercise Classes

Supporting the Local Community

**Sandylands Methodist Church**

**Sandylands Road**

**Kendal**

**Cumbria**

**LA9 6EU**



**Every Friday**  
**10:30am to 11:30am**

**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