

Grange Chair Yoga

**United Reformed Church,
Kents Bank Road
Grange
LA11 7EY**



Starting on 28th April 2025

**Every Monday
11:00am to 12:00pm**

Chair Yoga classes for adults 50 years and older.

Stay active and healthy with simple, chair-based Yoga aimed at improving your mobility & fitness!

Please contact us to book a place on this class.

For more information about this, or our other classes, please call us on **01539 728118** or email **admin@ageuksouthcumbria.org.uk**



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