



Gentle Exercise Classes – Grange-over-Sands

Every Tuesday!

- 2:00 PM - 3:00 PM

Gentle Exercise classes for over-50s are now available in **Grange-over-Sands!** 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

United Reformed
Church,
Kents Bank Road,
Grange-over-Sands,
Cumbria,
LA11 7EY

Administrator

Wendy Ingham
Tel: 01539 728118

