



Gentle Exercise Classes – Kirkby Lonsdale

Every Tuesday!

- 11:00 AM - 12:00 Noon

Gentle Exercise classes for over-50s are now available in **Kirkby Lonsdale!** 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

Bective Room,
Lunesdale Hall,
Kirkby Lonsdale,
Carnforth,
Lancashire,
LA6 2BG

Administrator

Wendy Ingham
Tel: 01539 728118

