



Gentle Exercise Classes – Arnside

Every Friday!

- Class 1 (09:30am - 10:30am)
- Class 2 (11:00am - 12:00 noon)

Gentle Exercise classes for over-50s are now available in **Arnside**! 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:

Arnside Methodist
Church Hall,
Chapel Lane,
Arnside,
Carnforth,
Lancashire,
LA5 0AQ

Helpline

Tel: 030 300 30003

Administrator

Liz Dawes
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