

# Gentle Exercise Classes

## Who is this for?

Anybody over 50.

## What is available?

Gentle chair based activities and exercises designed to:

- Improve your mobility
- Improve your balance
- Improve your memory and alertness
- Benefit your posture and physical condition



Come and join in the fun. It's good company and it will help you to keep fit, active and healthy too.

**If you would like more information, please contact us on [01539 728118](tel:01539728118). We will be happy to help.**

*Join us  
and have  
fun*

<b>Town</b>	<b>Venue</b>	<b>When in month</b>
Ambleside	Parish Centre	Fridays 11.00am-12 noon
Arnside	Methodist Church Hall	Tuesdays 9.30-10.30am
Arnside	Methodist Church Hall	Fridays 10.30am-12noon
Broughton in Furness	Victory Hall	Fridays 10.30-11.30 am
Endmoor	Village Hall	Tuesdays 10.30-11.30am
Flookburgh	Village Hall	6,20 Sept; 4,18 Oct; 1,15 Nov; 6,20 Dec 10.30-11.30am
Grange	United Reform Church	Tuesdays 2-3pm (not 1 <sup>st</sup> Tuesday)
Grizebeck	Village Hall*	Tuesdays 1.30-2.30pm
Holme	Parish Hall	Wednesdays 11.00am-12noon
Ings and Staveley	Ings Parish Hall and Staveley Institute	alternate Tuesdays 2.00-3.00pm
Kendal	Gateway Centre	Thursdays 10.30-11.30am
Kirkby Lonsdale	Lunesdale Hall	Tuesday 11am-12 noon
Langdale	Village Hall	Mondays 2.00-3.00pm
Levens	Methodist Church	Wednesdays 10.30-11.30am
Milnthorpe	Catholic Church Hall	Tuesdays 10.30-11.30am
Natland & Oxenholme	Village Hall	Starts 24 September Mondays 2.00-3.30pm (not 3 <sup>rd</sup> Mon)
Sandylands	Methodist Church (the Zone)	Fridays 10.30-11.30am
Ulverston (Circuits 55+)	Leisure Centre*	Mondays 10.00-11.00am & 11.15am-12.15pm
Ulverston (Circuits 55+)	Leisure Centre*	Thursdays 11.15am-12.15pm
Ulverston (Seated Games & Boccia)	Leisure Centre*	Fridays 11.30am-12.30pm
Windermere	Ladyholme Centre	Thursdays 2.00-3.00pm

We also run a class at Wainwright's Court, Kendal and Millom Court Arnside but these are for residents only

Some activities and groups have a suggested donation, please contact our Helpline for more details.

\* *These activities are run by Ulverston Leisure Centre Staff.*

## Age UK South Lakeland is looking for Exercise Class Volunteer Leaders

Would you like to teach a series of simple seated exercises to local older people helping them keep fit and active?  
Full training, support and expenses provided.

Volunteering with Age UK is a great way to stay active and keep connected with what is going on in your local community and it makes a huge difference to the lives of older people in the district.



To book your place at a session or for more information,  
please call us on **01539 728118**