



# Gentle Exercise Classes – Grange

**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

## **Helpline**

**Tel:** 030 300 30003

## **Administrator**

**Liz Dawes**  
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