



# Gentle Exercise Classes – Kendal

**Every Thursday!**

- 10:30 AM - 11:30 AM

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

Kendal Parish Hall,  
Kirkland,  
Kendal,  
Cumbria,  
LA9 5AF

## **Administrator**

**Liz Dawes**  
Tel: 01539 728118

