



Gentle Exercise Classes – Kendal Parish Hall

Every Thursday!
- 10:30 AM - 11:30 AM

Gentle Exercise classes for over-50s are now available at the **Kendal Parish Hall!** 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

Helpline

Tel: 030 300 30003

Administrator

Liz Dawes
Age UK South Lakeland
17 Finkle Street
KENDAL
Cumbria, LA9 4AB
Tel: 01539 728118