



Gentle Exercise Classes – Kirkby Lonsdale

Every Tuesday!
- 11:00 AM - 12:00 Noon

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

Bective Room,
Lunesdale Hall,
Kirkby Lonsdale,
Carnforth,
Lancashire,
LA6 2BG

Helpline

Tel: 030 300 30003

Administrator

Liz Dawes
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