



Gentle Exercise Classes – Levens

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

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

Levens Methodist
Church,
Lowgate,
Levens,
Kendal,
Cumbria,
LA8 8NL

Helpline

Tel: 030 300 30003

Administrator

Liz Dawes
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