



Gentle Exercise Classes – Natland

Every Monday!
- 2:00 PM - 3:00 PM

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

Natland & Oxenholme
Village Hall,
Natland,
Cumbria,
LA9 7QH

Helpline

Tel: 030 300 30003

Administrator

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