



Gentle Exercise Classes – Natland

Every Monday*!

- 2:00 PM - 3:00 PM

** Please note that the Natland Class does not take place on the 3rd Monday of every month.*

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

Administrator

Liz Dawes
Tel: 01539 728118

