



Gentle Exercise Classes – Arnside

Every Friday!

- Class 1 9:30 AM - 10:30 AM
- Class 2 11:00 AM - 12:00 Noon

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

Arnside Methodist
Church Hall,
Chapel Lane,
Arnside, Carnforth,
Lancashire,
LA5 0AQ

Administrator

Wendy Ingham
Tel: 01539 728118

