



# Gentle Exercise Classes – Endmoor

**Every Tuesday!**

- 10:30 AM - 11:30 AM

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

Endmoor Village Hall,  
Woodside Road,  
Endmoor,  
Nr Kendal,  
Cumbria,  
LA8 0HH

## **Administrator**

**Wendy Ingham**  
Tel: 01539 728118

