

Gentle Exercise Classes

Who is this for?

Anybody over 50.

What is available?

Gentle chair based activities and exercises designed to:

- Improve your mobility
- Improve your balance
- Improve your memory and alertness
- Benefit your posture and physical condition



Come and join in the fun. It's good company and it will help you to keep fit, active and healthy too.

If you would like more information, please contact us on [01539 728118](tel:01539728118). We will be happy to help.

*Join us
and have
fun*

Town

Venue

When in month

Ambleside	Parish Centre	Fridays 11.00am-12 noon
Arnside	Methodist Church Hall	Tuesdays 9.30-10.30am
Arnside	Methodist Church Hall	Fridays 10.30am-12noon
Broughton in Furness	Victory Hall	Fridays 10.30-11.30 am
Endmoor	Village Hall	Tuesdays 10.30-11.30am
Flookburgh	Village Hall	Every other Thurs 10.30-11.30am
Grange	United Reformed Church	Tuesdays 2-3pm (not 1 st Tuesday)
Grizebeck	Village Hall*	Tuesdays 1.30-2.30pm
Holme	Parish Hall	Wednesdays 11.00am-12noon
Ings and Staveley	Ings Parish Hall and Staveley Institute	Alternate Tuesdays 2.00-3.00pm
Kendal	Parish Church Hall	Thursdays 10.30-11.30am
Kirkby Lonsdale	Lunesdale Hall	Tuesday 11am-12 noon
Langdale	Village Hall	Mondays 2.00-3.00pm
Levens	Methodist Church	Wednesdays 10.30-11.30am
Milnthorpe	Catholic Church Hall	Tuesdays 10.30-11.30am
Natland & Oxenholme	Village Hall	Mondays 2.00-3.30pm (not 3 rd Mon)
Sandylands	Methodist Church (the Zone)	Fridays 10.30-11.30am
Ulverston (Circuits 55+)	Leisure Centre*	Mondays 10.00-11.00am & 11.15am-12.15pm
Ulverston (Circuits 55+)	Leisure Centre*	Thursdays 11.15am-12.15pm
Ulverston (Seated Games & Boccia)	Leisure Centre*	Fridays 11.30am-12.30pm
Windermere	Ladyholme Centre	Thursdays 2.00-3.00pm

We also run a class at Wainwright's Court, Kendal, Millom Court, Arnside and Fairbank Society, Kirkby Lonsdale but these are for residents only

Some activities and groups have a suggested donation, please contact our Helpline for more details.

* *These activities are run by Ulverston Leisure Centre Staff.*

Age UK South Lakeland is looking for Exercise Class Volunteer Leaders

Would you like to teach a series of simple seated exercises to local older people helping them keep fit and active? Full training, support and expenses provided.

Volunteering with Age UK is a great way to stay active and keep connected with what is going on in your local community and it makes a huge difference to the lives of older people in the district.



To book your place at a session or for more information, please call us on **01539 728118**