



Gentle Exercise Classes – Levens

Every Wednesday!

- 10:30 AM - 11:30 AM

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

Levens Methodist
Church,
Lowgate,
Levens, Kendal,
Cumbria,
LA8 8NL

Administrator

Wendy Ingham
Tel: 01539 728118

