



Gentle Exercise Classes – Sandylands

Every Friday!

- 10:30 AM - 11:30 AM

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

Sandylands
Methodist Church,
Sandylands Rd,
Kendal,
Cumbria,
LA9 6EU

Administrator

Wendy Ingham
Tel: 01539 728118

