



# 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

## **Helpline**

**Tel:** 030 300 30003

## **Administrator**

**Liz Dawes**  
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