

# Gentle Exercise Classes

Supporting the Local Community

**Arnside Methodist Church Hall**

**Chapel Lane**

**Arnside**

**Carnforth**

**Lancashire**

**LA5 0AQ**

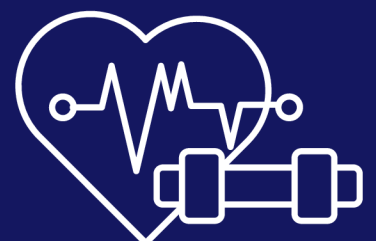


**Every Friday**  
**10:00am to 11:00am**

**Gentle Exercise classes for adults 50 years and older.**

Stay active and healthy with simple, chair-based exercises aimed at improving your mobility & fitness! There's no need to book, simply come and join in.

For more information about this, or other exercise classes, please call us on **01539 728118** or email **[admin@ageuksouthcumbria.org](mailto:admin@ageuksouthcumbria.org)**



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