

Milnthorpe

Gentle Exercise Classes

Supporting the Local Community

Catholic Church Hall
Haverflatts Lane
Milnthorpe
Cumbria
LA7 7PS

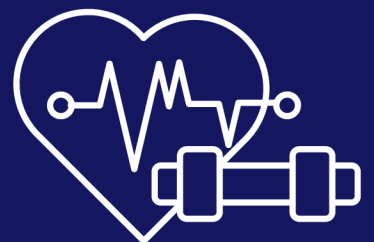


Every Tuesday
10:30am to 11:30am

Gentle Exercise classes for adults 50 years and older.

Stay active and healthy with simple, chair-based exercises aimed at improving your mobility & fitness! This is a very popular class so please call us to book a place.

For more information about this, or other exercise classes, please call us on **01539 728118** or email **admin@ageuksouthcumbria.org**



Age UK South Cumbria, 17 Finkle Street, Kendal, Cumbria, LA94AB