

# Gentle exercise

**Argles Memorial  
Hall, Crosthwaite**

**Every Thursday**

**2.00-3.00pm**

Come along, keep fit and join in a fun chair based exercise class, which will help to improve your mobility and your balance.

Hope to see you there!

A suggested donation of £2.50 would be gratefully received. Tea and Coffee included.

If you would like more information, please contact us on **01539 728118**. We will be happy to help.



**Starting  
Thursday  
2 November**