

# Get Out Get Active Tayside programme



**FREE All Ability Online Activity Programme**  
returns week commencing 11th January 2021

<b>Monday</b>	<b>6-7pm</b>	<b>Adult Yoga</b>
<b>Tuesday</b>	<b>10-10.45am</b> <b>6-7pm</b>	<b>Strength &amp; Balance</b> <b>Adult Boxcercise</b>
<b>Wednesday</b>	<b>2-2.45pm</b> <b>7.30-8pm</b>	<b>Adult Chair Based</b> <b>Adult Relax &amp; Unwind</b>
<b>Thursday</b>	<b>10-10.45am</b>	<b>Adult Circuits</b>
<b>Saturday</b>	<b>9.30-10am</b> <b>10.15-11am</b>	<b>Family Yoga</b> <b>Adult Pilates</b>

To try an activity sign up via Eventbrite  
or scan this QR code



 07971641208  
 Get out Get Active Tayside  
 @GOGAtayside

Get Out Get Active Tayside's Online Activity Programme starts back tomorrow – 11th January.

Whether you have taken part in an activity before, coming along for the very first time or know someone who would really benefit from a friendly, supportive community during this challenging time we want everyone of all levels and abilities to get involved.

The Online Activity Programme is free and offers activities 5 days a week.

You can sign up [here](#).