

Get Out Get Active!



FREE All Ability Online Activity Programme


Monday 6-7pm Adult Yoga

Tuesday 10-10.45am Strength & Balance

Wednesday 10-11am First Wed of every month Cuppa & a Catch up
6-6.45pm Pilates

Thursday 10-10.45am Chair Based Activity

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

 07971641208

 Get out Get Active Tayside

 @GOGAtayside



The Get Out Get Active Tayside All Ability Online Activity Programme is great fun and details are below.

Come join in these fun and inclusive activities to get you moving!

You can sign up [here](#).