

Get Out Get Active Tayside programme

A colorful poster for the 'Get Out Get Active Tayside' programme. The title is at the top in a playful font with a sun icon. Below it, text states the programme is free and returns on 11th January 2021. A list of activities follows, each in a colored rounded rectangle: Monday (Adult Yoga), Tuesday (Strength & Balance and Adult Boxercise), Wednesday (Adult Chair Based and Adult Relax & Unwind), Thursday (Adult Circuits), and Saturday (Family Yoga and Adult Pilates). At the bottom, there's contact information (phone, Facebook, Twitter), a QR code, and a sign-up instruction with an arrow pointing to the QR code.

Get Out Get Active TAYSIDE

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

Monday	6-7pm	Adult Yoga
Tuesday	10-10.45am 6-7pm	Strength & Balance Adult Boxercise
Wednesday	2-2.45pm 7.30-8pm	Adult Chair Based Adult Relax & Unwind
Thursday	10-10.45am	Adult Circuits
Saturday	9.30-10am 10.15-11am	Family Yoga Adult Pilates

**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](#).