




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](#).