

Get **Out** in action  
Get **Active**

The GOGA In Action, Dover project supports disabled & non-disabled people to be active together.

Supported by The National Lottery Community Fund



# Inclusive Pilates



## Free

Sign up online at  
[Eventbrite.com](https://www.eventbrite.com) or call us

Join Gemma for our Inclusive Pilates & enjoy some gentle exercise. This class is very inclusive & is suitable for everyone. We create a supportive space for any disability or health condition.

### Standing or chair-based



Mondays at 12:00 to 13:00



Age Concern Sandwich, 19-21 Cattle Market, Sandwich, CT13 9AP



Free

SCAN ME



03333 660 661



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\*T&Cs apply. Check website for details. Details correct at time of printing.

