

## DSEngage Live - Pilates Plus

10  
Apr

⌚ 4pm to 4.45pm  
📍 Online.

DSENGAGE LIVE | PILATES PLUS

GET ENERGIZED READY FOR THE WEEKEND WITH A LIVE ONLINE SESSION OF PILATES...PLUS!

What you will need:

- Comfy clothing and trainers/bare feet
- Enough space to safely turn around and swing your arms as you dance and move
- A glass/bottle of water

Please take part at your own pace and stop at any time if you feel unwell. Participants take part in the activity at their own risk. Under 16's must be supervised.

Sign up here: <https://www.downs-syndrome.org.uk/our-work/services-projects/dsengage/dsengage-live-pilates/>

### Organiser and contact details

#### Organiser

Down's Syndrome Association

#### Email address

ian.jones-healey@downs-syndrome.org.uk

### Costs

#### Costs

Free

### Event repeats

#### Repeats

This event repeats on the following dates:

- 10Apr
- 17Apr
- 24Apr
- 1May
- 8May
- 15May
- 22May
- 29May

### Additional useful information to download

#### File attachments

- DSEngage Live Schedule (Adobe Portable Document Format, 444 KB)

### Accessibility

#### Accessible building

N/A

#### Accessible toilets

N/A

**Parking facilities**

N/A

**Dietary needs catered for**

N/A

**Staff have specialist training**

N/A

## We can remind you about this event

Please create an account or login to set up reminders for this event.