

# Move with Meaning: Mat Pilates Pop-Up

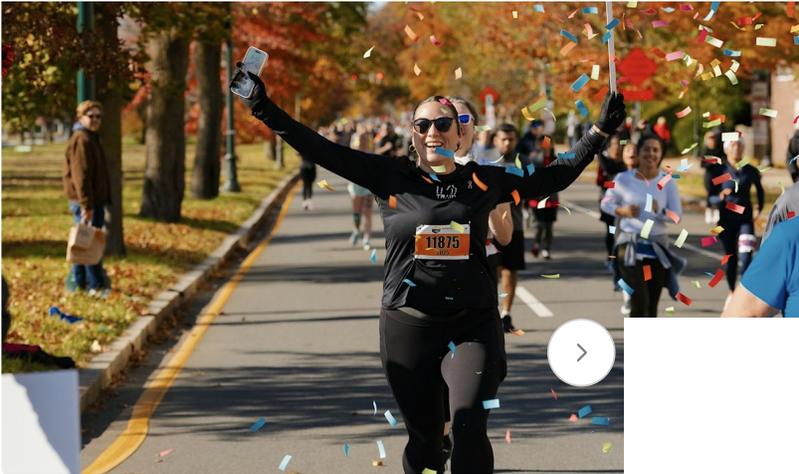
### Schedule

Sun Jan 11 2026 at 09:00 am to 10:00 am  
UTC-05:00

### Location

Dedham Health & Athletic Complex | Dedham, MA

## HAPPENINGNEXT



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Mat Pilates class in support of Angela's Boston Marathon fundraiser with the American Liver Foundation

### About this Event

Join us for a special mat Pilates class led by Jes Brown in support of Angela's fundraiser for the 2026 Boston Marathon, benefiting the American Liver Foundation.

We will have giveaways that include, door prizes, gift cards and raffles.

This 45-minute class will focus on strength, control, and mindful movement — all while giving back. Every body is welcome; come move, connect, and start your weekend with purpose.

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## Where is it happening?

 Dedham Health & Athletic Complex, 200 Providence Highway, Dedham, United States

Event Location & Nearby Stays:

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