

# Five things you need to know today



**Craft bombing – Fun in St Andrew Square – Edinburgh Trams – Spa in the City – Edinburgh Insider**

Did you catch sight of the craft bomb yesterday on the canal? It should still be there if you're quick!

[More information and photos here](#)

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City Centre shoppers will witness a display with a difference today, featuring sumo suits, speed shot and sh'bam.

Edinburgh Leisure's fun, family friendly event in St Andrew Square is set to inspire the city to have a fitter, more active summer, in Scotland's year of sport.

In addition to outdoor gym challenges and fitness class tasters, Edinburgh Leisure will offer free passes to the city's 16 gyms and 10 pools, to help everyone kick-start the pre-summer fitness plan.

Children will love trying out the sumo suits and speed shot, while adults can enjoy the chance to try new kinds of equipment or the latest workout.

There will also be a chance to win a year's free membership of Edinburgh Leisure.

The outreach event will be promoting Edinburgh Leisure's popular £35 cashback campaign, which helps members get into

the fitness habit with the promise of their joining fee refunded after they have hit the gym an average of 16 times over the course of eight weeks.


This will be the third time Edinburgh Leisure has run the promotion, which has proven a huge success in motivating members to use their membership, get into the fitness habit and see a real lasting benefit in terms of lifestyle change in the longer term.

Ashleigh Murray, Fitness Class Manager at Edinburgh Leisure, said: "What better way to try one of our fun taster classes than out in the sunshine with our fantastic team of fitness professionals.

"There is also a load of other great activities for all ages and abilities, so we hope to get as many people involved as possible on Saturday, and inspire the city to enjoy a fit and active summer."

Edinburgh Leisure is offering the Cashback promotion for its full range of membership packages until June 30<sup>th</sup>. Existing members are also being offered a reward of £25 for referring a friend.

Edinburgh Leisure manages 30 venues on behalf of City of Edinburgh Council, providing the widest range of fitness classes, state-of-the-art facilities and community based programmes across the capital.

For further information about Edinburgh Leisure venues and memberships visit [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk) 



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Edinburgh Trams want you to get aboard a tram this weekend. No sadly they will not take you anywhere just yet, but they do want you to familiarise yourself with the tram and how to buy a ticket.

[Read more here.](#)

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Next weekend St Andrew Square will be turned into a Spa in the City! [Read more here about the event – and how to win a goody bag!](#)

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Our editor has been quoted as someone who [knows about Edinburgh](#)....along with some other locals in the know!



Courtesy of: [Travelodge](#)