

Edinburgh Leisure are running classes for new mums (and dads!)

Although this class is called 'Mums on the Run' the activity is aimed at all new parents with buggies.



Edinburgh Leisure is launching the class at several Edinburgh Leisure venues from Monday, 20 June. Aimed at new parents with a baby in a buggy the classes are for anyone who is interested in getting active with their new arrival.

All the sessions will be outside and are open to Edinburgh leisure members and non-members.

Day	Time	Venue	Contact
Monday	09:45 – 10:45	Royal Commonwealth Pool	0131 667 7211
Monday	10:30 – 11:30	Meadowbank	0131 661 5351
Tuesday	10:30 – 11:30	Gracemount Leisure Centre	0131 658 1940
Tuesday	13:30 – 14:30	Glenogle Swim Centre	0131 343 6376
Thursday	11:30 – 12:30	Leith Victoria Swim Centre	0131 555 4728
Thursday	13:30 – 14:30	Royal Commonwealth Pool	0131 667 7211
Friday	09:30-10:30	Glenogle Swim Centre	0131 343 6376

Based on the latest research, the class will offer guidance, advice and solutions to help mums across the city enjoy the social and psychological benefits of getting out and being active.

Ally Flannigan, Fitness Class Manager, said: "Getting back into exercise after having a baby can be an uphill struggle. With reduced sleep and trying to get into a new routine, exercise may seem like the last thing on a new mother's mind.

"However our new class, which will take place outdoors, is designed to be fun, and will be a great opportunity to meet new mums and dads and workout at the same time."