

Edinburgh Leisure fires the starting gun on Mums on the Run

Edinburgh Leisure is offering a new exercise programme, 'Mums on the Run', designed specifically for new mums with buggies.



The sessions will be launching at various Edinburgh Leisure venues from Monday, 20 June. These classes are aimed at new mums with a baby in a buggy can join in. However any new dads who are interested in getting active with their new arrival, are more than welcome to attend. 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."