

Book a free fitness taster with Edinburgh Leisure

On Saturday 12 May 2018 Edinburgh Leisure invites you along to try out a free fitness taster at the Royal Commonwealth Pool.

They have all sorts of activities from BodyCombat to Power Yoga to get you moving. One of the newer classes is the Groupfit gym class which is high intensity, interval training for 25 minutes. This might suit those of you who want results but just don't have so much time!

You can book one of the 10 classes on offer (there are 25 minute time slots) whether you are a member or not. You can also win a Fitbit or one of Edinburgh Leisure's complimentary passes.

To book call 0131 667 7211 or call into reception at the Royal Commonwealth Pool Dalkeith Road EH16 5BB



Photograph by PHIL WILKINSON