

# Start 2019 with some fitness at the Commie

Edinburgh Leisure is hosting a **free fitness and pool taster event** at the Royal Commonwealth Pool on Saturday, 5 January 2019 to promote some of its new and its established fitness classes.

From Aquadash to Bodycombat to swim technique to Zumba, most of the classes will have you working up a sweat and challenging your body in a good way.

There will also be a series of Groupfit gym classes, which offer high intensity, interval training, lasting 15 – 30 minutes, giving you a quick, effective workout, in a short time.

## Fitness class schedule

Studio 1	Studio 2	Dive Pool
17:00-17:25 Bodypump	17:00 – 17:25 RPM	Closes at 17:00
17:30 – 17:55 Bodycombat	17:30 – 18:00 RPM recovery	17:30 – 18:00 Hydrospin
18:00 – 18:25 Bodyattack	18:00 – 18:25 Zumba	18:30 – 19:00 Aquafit
18:30 – 18:55 Yoga	18:30 – 18:55 Bodybalance	

## Main Pool Schedule

Time	Lane 1	Lane 2 & 3	Lane 4 & 5	Lane 6 & 7	Lane 8
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17:00 – 17:40	Turn Clinics	Stroke Dev.	Masters	Skills and Drills	Video Analysis
17:40 – 18:20	Turn Clinics	Stroke Dev.	Masters	Skills and Drills	Video Analysis
18:20 – 19:00	Turn Clinics	Stroke Dev.	Masters	Skills and Drills	Video Analysis
19:00 – 19:40	Turn Clinics	Stroke Dev.	Masters	Skills and Drills	Video Analysis

### **Aquadash**

The main pool will have three bookable Aquadash taster sessions at:

17:00 – 17:45 / 17:45 – 18:30 / 18:30 – 19:15

A quick briefing/life jacket fitting will happen for the first 10 minutes of each session.

### **Teaching pool schedule**

<b>Time</b>	<b>Lane 1 &amp; 2</b>	<b>Area 1</b>	<b>Area 2</b>
17:00 – 17:40	Adult improvers	Adult beginners	Adult beginners
17:40 – 18:20	Adult improvers	Adult beginners	Adult beginners
18.20 – 19.00	Adult improvers	Adult beginners	Adult beginners

### **Dive pool schedule**

<b>Time</b>	<b>Class</b>
17:30 – 18:00	Hydrospin
18:30 – 19:00	Aquafit

### **Gym class schedule**

<b>Gym Classes</b>	<b>Time</b>
HIIT	17:00 – 17:30
Super Circuit	17:45 – 18:15
Evening Burn Bodycamp	18:30 – 19:00
Ab Attack	19:00 – 19:15
Stretch & Flex	19:15 – 19:30

The event is open to both members and non-members. Classes are bookable now, by calling 0131 667 7211 or by calling into the reception at the Royal Commonwealth Pool, Dalkeith Road, Edinburgh EH16 5BB.

With 30+ venues including 9 swimming pools, 13 gyms and 700+ fitness classes per week, Edinburgh Leisure is the 'biggest club in town' providing the widest range of fitness classes, state of the art facilities and community-based programmes across the capital, creating opportunities for everyone to get active, stay active and achieve more.