

Start strong this January with a free fitness taster event

With a new year always comes new year resolutions. So this 2019, start the year right and a positive attitude.

Exercise is a great way to boost your mental and physical health. To help you start strong in January and continue as you mean to go on, 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 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.

The event is open to both members and non-members.

Classes are bookable now, by calling 0131 667 7211, by calling into the reception at the Royal Commonwealth Pool, Dalkeith Road, EH16 5BB or booking direct on the [Edinburgh Leisure website](#).