

Free fitness taster at Edinburgh Leisure

Grit your teeth and mix up your fitness regime with a free fitness taster

Join in at 'the biggest club in town' with a free Les Mills class taster event, open to members and non-members, being held at Edinburgh Leisure's Drumbrae Leisure Centre on Monday, 30 September from 18:00 – 20:30hrs.

Mixing the hottest music with cutting-edge exercise science and motivation, Les Mills™ fitness classes are many of the popular fitness classes offered at Edinburgh Leisure. Licensed by 19,500 partners in 100 countries around the world, there'll be the opportunity to try out 30 minute taster sessions of Bodyjam, BodyBalance, Barre, PiYo, Bodycombat, Bodyattack, plus Les Mills GRIT classes, RPM and Sprint on the evening.

Booking is essential for the free 30-minute taster classes, which are bookable by calling 0131 312 7957, online on the website or Edinburgh Leisure app or by calling into the reception at Drumbrae Leisure Centre, 30 Drum Brae Terrace, Edinburgh EH4 7SF.

Drumbrae Leisure Centre is just one of Edinburgh Leisure's 30+ sports and leisure facilities across the city, which includes 9 swimming pools, 13 gyms, 800+ fitness classes per week, state of the art facilities and community-based programmes, creating opportunities for everyone to get active, stay active and achieve more.

For more
information: <https://www.edinburghleisure.co.uk/venues/drumbrae-leisure-centre>



Photo Phil Wilkinson