

From bumps to babies and beyond

Offering something for all ages and stages, the 'biggest club in town', is launching a new set of pre and post-natal fitness classes in two of its venues.

From Pregnancy to Mum and Baby Yoga to Bumps and Babies, the sessions will be launching at Edinburgh Leisure venues from Monday, 28 October 2019 .

Taking place at Drumbrae Leisure Centre and Glenogle Swim Centre, all the classes are designed for mothers-to-be to stay active throughout their pregnancy and afterwards, with baby in tow, helping mums 'to find their feel good' in a safe and supported environment.

More classes are scheduled in the coming months at Craiglockhart Leisure Centre.

Classes are bookable now online or in venue and classes until 10th November are free to attend to encourage people to give it a go.

www.edinburghleisure.co.uk