

# **Find your feel good this January with a free fitness taster event**

**With a new year always comes New Year resolutions and exercise is a great way to boost your mental and physical health.**

So start 2020 right and find your feel good with a free fitness and pool taster event at the Royal Commonwealth Pool on Saturday, 4 January 2020 promoting some of its new and established fitness classes.

From Aquadash to Aquafit to Bodycombat to swim technique to diving 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.

And for those wanting to perfect their swim technique, including the opportunity to find out more about the swim video analysis which Edinburgh Leisure offers, as an added incentive, swim caps and goggles will be given out to customers as well as a café voucher for those who sign up to swim coaching on the night.

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 and will be on a first-come, first served basis.

With 30+ venues including 9 swimming pools, 14 gyms and 800+ 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.

For more information: [www.edinburghleisure.co.uk](http://www.edinburghleisure.co.uk)