

Kelta Fit – an antidote to Covid

Kelta Fit – The Scottish fitness class to ceilidh music and moves – is to expand internationally.

Co-founder Ed McCabe said: “When Covid struck we moved our classes online. We have been amazed at the response with people from all over the world now joining in. We have had to increase our amount of trainers to cope with the extra demand. It’s really heartening to see that a virtual community is being formed through the classes.”

He added ‘I think many of us have felt challenged during this crisis. There is job insecurity, stressful home situations and the sense that things aren’t right. Plus so many people have been affected by the virus either directly or indirectly. The classes take people away from all that for 40 minutes. It’s a chance to focus on something else and feel better.’

[Kelta Fit](#) new class starts this Saturday 10th October at 10 AM, other classes are available.

