

Exploring the fitness trends for the New Year with Edinburgh Leisure

As the world ushers in another year, the mantra “New Year, New You” rings out, and fitness enthusiasts anticipate the trends that will shape their wellness journeys in 2024.

With unlimited access to their 12 pools, 17 gyms, indoor climbing and more than 750 fitness classes each week, Edinburgh Leisure has a new membership promotion that runs from 1 to 31 January 2024 offering new members who join in January a no-joining-fee offer.

Edinburgh Leisure provides a diverse array of fitness options, catering to individual preferences and goals for all ages.

Here's what Ally Strachan Fitness Development Manager at Edinburgh Leisure believes is set to dominate the scene in 2024.

1. Wearable Tech Takes the Lead

Wearable technology is not a fleeting trend. It's here to stay. Devices like Apple Watches and Fitbits continue to empower users by tracking exercise and activity data. Myzone, with its focus on specific exercise bouts and intensity levels, offers a more targeted approach. It's also great for those who don't want to be consumed by 24 hours' worth of

data.

2. Studio Strength and Toning

For those who shy away from the free weights area in the gym, studio strength and toning sessions are gaining popularity. You get all the benefits of group-based training and still get to develop a sweat. This January, Edinburgh Leisure introduces two new Les Mills classes—Shapes, a mind and body fusion of Power Yoga, Pilates, and Barre, and Strength Development, a sequence of 12 progressive workouts designed to build muscle and enhance lifting techniques.

3. Embracing LISS (Low Intensity Steady State)

In contrast to the high-intensity (HIIT) craze, which can be very taxing and requires more recovery, Low Intensity Steady State (LISS) training seems to be on more people's lips than in previous years.

Ally said: "I wouldn't replace all of your high-intensity training with LISS, but I would supplement LISS with a current exercise plan. By keeping it low intensity (60-65% max HR or low blue zone on your Myzone), this is something that can be done every day, by getting in more steps and increasing non-exercise activity thermogenesis (NEAT) to burn body fat. Take the stairs where possible or take a small walk every day.

4. Rise of Hybrid Training

Hybrid training is a growing trend with the likes of HYROX competitions taking place across the world. Combining cardiovascular and resistance-based methods in a single session, is gaining traction. Ally advises caution due to its intensity, suggesting consultation with Edinburgh Leisure's knowledgeable gym staff to programme a workout effectively and safely according to individual fitness levels.

5. Body Composition Takes Centre Stage

While the fitness industry has long advocated for ignoring the number on a set of scales and more traditional metrics like

BMI, newer technology allows for more accurate body composition testing. With Boditrax kiosks at The Royal Commonwealth Pool, Meadowbank, Drumbrae Leisure Centre, Leith Victoria Swim Centre and Glenogle Leisure Centre, this console offers customers the ability to track their progress conveniently via an app. There's no better time to do this than in January when you're already super motivated to make some great progress in your health and wellbeing.

6. Strength and Resistance Training Soars

The benefits of strength and resistance training extend beyond a sculpted physique. Improved posture, metabolism, bone density, joint strength, injury risk reduction, balance, and enhanced body composition are just a few of the advantages. Edinburgh Leisure's gym team is ready to assist in creating personalised plans for optimal results.

7. Mind and Body Workouts for Holistic Wellness

Mind and body workouts such as Yoga, Pilates, and the new Les Mills Shapes class focus on both mental and physical well-being. These classes provide relaxation, stress relief, and mindfulness, catering to beginners and seasoned group fitness enthusiasts alike. In 2024 with an Edinburgh Leisure membership, you can enjoy the choice of over 300 Pilates, Yoga, Les Mills Shapes and Bodybalance classes – the best variety, choice and cost-effective mind and body classes in Edinburgh.

8. Functional Training for Everyday Life

Functional training mimics daily activities to build a stronger body and mind for everyday life. Think shoulder presses mimicking lifting something heavy onto a shelf, or weighted squats allowing you to get low to the floor with ease to play with your children or pets. Workouts such as Les Mills Strength Development, LIFT, Bodypump and Gym Blast classes use weight plates, barbells, dumbbells, and your own body weight to improve performance, mobility, strength, and stamina not just in your fitness classes, but in everyday life.

9. Get Fit For Surgery Programme

Acknowledging the ageing process, Edinburgh Leisure introduced a pilot referral “Get Fit For Surgery” programme in 2023. This 16-week initiative supports individuals awaiting hip and knee surgeries, enhancing overall health and well-being through fitness, strength building, and increased confidence.

10. Employee Wellbeing Initiatives

Investing in employee wellbeing yields significant rewards. Edinburgh Leisure not only prioritises customer health but also supports staff with access to facilities as a job perk. One of the roles of their dedicated Director of Wellbeing is focusing on corporate initiatives to support staff’s mental and physical wellbeing.

If you want to invest in your staff’s wellbeing, get in touch to discuss their Corporate Membership, which provides unlimited access to our gyms, swimming pools, and fitness classes at discounted prices.

Edinburgh Leisure provides a diverse array of fitness options, catering to individual preferences and goals. Whether you’re a tech-savvy tracker, a studio enthusiast, or someone embracing a holistic wellness approach, the fitness trends of the year promise exciting and transformative experiences. Embrace the New Year and let your fitness journey unfold with the guidance and support of Edinburgh Leisure. #januREADY.

www.edinburghleisure.co.uk



Edinburgh Leisure offers insights into the upcoming fitness trends in 2024