

New workouts for the New Year

New Year means it's a good time to introduce new workouts. If you're craving something different in 2024, Edinburgh Leisure is introducing two new limited edition Les Mills classes in January.

Les Mills Shapes and Strength Development are being launched at Edinburgh Leisure's most popular fitness class venues, Meadowbank, Leith Victoria, and The Royal Commonwealth Pool.

Shapes is a Mind and Body class that mixes elements of Power Yoga, Pilates, and Barre, while Strength Development is a sequence of 12 progressive workouts that are designed to build muscle and improve lifting techniques.

Alex Smith, Fitness Manager at Edinburgh Leisure explained: "Studio strength and toning based products is a big growing area within group exercise. If you're not into using the free weights areas within a gym, then a studio strength and toning session will appeal to you. You get all the benefits of group-based training and still get to develop a sweat.

"The classes have been developed as something different from Les Mills regular-based workouts, and we're aiming to capture the Gen Z market, a group historically underrepresented in group fitness. However, we see them appealing to our current fitness class customer too who may wish to try something new – especially our Mind/Body customers and those who are fans of weight training in classes such as Body Pump.

"Both workouts are suitable for people of any fitness level so

don't worry if you're a beginner. Even if you're new to fitness classes, these new classes lower the intimidation barrier. Our instructors will invite you to work at your own pace and effort level within timed intervals of work. You also have the option to lose any equipment being used throughout the workout at any time you need to press pause. We want you to have full autonomy of your workout – not feeling tied to match the level of the person next to you who might have been doing classes for 10 years.

“The great thing about group fitness is that no matter your fitness level, everyone works to their personal best, and there's a great sense of group and individual achievement within that training on your own in the gym can't capture.”

Classes are available to book online and on the Edinburgh Leisure app.

Launch Weekend

To introduce the new classes, Edinburgh Leisure will be holding a launch weekend on 13 and 14 January 2024 at The Royal Commonwealth Pool, Leith Victoria Swim Centre, and Meadowbank Sports Centre.

Meadowbank will host two one-off Les Mills Shapes classes delivered by Les Mills master trainer Holly Mason on Saturday 13 January.

RPM cycle class release 100 will be hosted at Edinburgh Leisure's cycle venues, which includes Ainslie Park Leisure Centre, Craiglockhart Leisure Centre, Drumbrae Leisure Centre, Leith Victoria Swim Centre, the Royal Commonwealth Pool, and Meadowbank Sports Centre, celebrating 25 years of RPM and 20 years of RPM at Edinburgh Leisure.

To find out more and to book, go to the Edinburgh Leisure [website](#) or the Edinburgh Leisure app.

Edinburgh Leisure has a new membership promotion running from 1– 31 January 2024 which offers new members joining in January a no joining-fee offer.

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, embrace the New Year and let your fitness journey unfold with the guidance and support of Edinburgh Leisure. #januREADY.

www.edinburghleisure.co.uk



Revitalise Your Fitness Journey: Edinburgh Leisure Unleashes Innovative New Year Workouts