

# **Celebrating BodyCombat with Edinburgh Leisure**

**In a celebration of the 100<sup>th</sup> release of BodyCombat™, Edinburgh Leisure is hosting a day dedicated to this popular workout, loved by many across the city.**

On 21 September at Meadowbank Sports Centre from 9.30-11.30 am, there will be a morning of BodyCombat with free entry for members or £5 for non-members. This is a workout which combines multiple martial arts disciplines set to music, and it appeals to all ages and abilities. It is adaptable to each person's own fitness level. One of the oldest and most popular fitness class programmes, it comes sixth in popularity behind BodyPump, RPM, Aquafit, Yoga and Pilates.

Alex Smith, Fitness Class Manager at Edinburgh Leisure, said: "Last year Edinburgh Leisure hosted 400,000 BodyCombatters across the city and we want to celebrate their commitment to the programme. Even if you're new to BodyCombat, come along and give it a try to master the moves and feel the movement."

BodyCombat is available at various Edinburgh Leisure venues and is free to members and £5 for non-members. (Ainslie Park Leisure Centre, Drumbrae Leisure Centre, Craiglockhart Leisure Centre, Leith Victoria Swim Centre, Meadowbank Sports Centre, Royal Commonwealth Pool, Gracemount Leisure Centre, Glenogle Swim Centre, Portobello Swim Centre and Kirkliston Leisure Centre.)

Spaces are limited so make sure you book your place

now [online](#) or via the Edinburgh Leisure app.

<https://www.edinburghleisure.co.uk/bodycombat100>



PHOTO Chris Watt