

Morningside fitness studio rebrands with new workout programme

The new Lunasecret studio in Morningside is a transformation of a 30 year-old business.

Karin MacKenzie has taught Callanetics to her women clients at the studio for three decades, and now she has devised a new exercise programme based on a fusion of barre work and bodyweight exercises. Movement is inspired by the music, and the new classes will be run in addition to the Callanetics classes.

Callanetics was an exercise method begun in the 1980s by Callan Pinckney and uses tiny precise movements to target muscles. Now Karin, formerly a professional dancer, will combine her background in teaching exercise with her love of classical ballet and contemporary dance with each class having a relaxing meditation at the end.

Karin MacKenzie, owner and founder of the studio said: "Teaching Callanetics for 30 years has been a profound part of my life. My love for various styles of music and dance always simmered beneath the surface, leading me back to my roots in classical ballet and contemporary dance.

"Recently I've seen the age-range of my clients grow, and see younger generations celebrate Callanetics, Barre, and attend my range of classes. I knew I wanted to add something new to my studio's portfolio, and that I could create something that has never been done before. Lunasecret allows me to truly

express my authentic self, combining my own interpretation of music and favourite choreography, and modernise my classes and studio's offering at the same time.

"Whenever I hear a new song, I instantly start to imagine the movements and exercises, and see the studio come to life in front of me. It's how I imagine a chef approaches a new dish. The music builds the basis of the dish, and the movements are my ingredients.

"When these movements and targeted toning are done enough times in sequence, it instantly becomes a deep and transformative workout.

"There are 13 major muscle groups, and I use hundreds of movements to target each of these in a fun and effective way. I can't wait to welcome women of Edinburgh to experience my new classes, and hope they'll fall in love with it as much I have."

The Morningside studio on Craiglea Drive has classes running from 09:00 to 19:30 every day, with prices ranging from £14 (single class pass) to £200 (for an unlimited monthly pass) and the popular 'BodyBlitz' – a course of 10 classes promising to help you drop a dress size in a safe and natural way – priced at £130.

Lunasecret, formerly known as Edinburgh Callanetics, is a unique callanetics studio based in the heart of Edinburgh providing online and in-person classes for women. The fast-paced and energising form of exercise is different and original, rewarding the hard work that gets put into it. With classes culminating in relaxing meditation, Lunasecret has developed in the last three decades into a safe space for women to focus on their well-being and mental health.

Karin Mackenzie is a master callanetics teacher and the founder of Lunasecret with 30 years of teaching experience, having trained in all things fitness inspired by [Lotte](#)

[Berk](#) and certified by [Esther Fairfax](#). Karin has recently combined her passions of callanetics and dance to rebrand Edinburgh Callanetics to create Luna's Secret. The studio is still based at the same studio on Craiglea Drive in Edinburgh.

For more information or to book today, please visit <https://www.lunasecretbykarin.com/>



Lunasecret the Edinburgh Callanetics Studio with Karin
Mackenzie Master Callanetics teacher



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Photography of Lunasecret an Edinburgh callanetics studio in Scotland with Karin Mackenzie a master callanetics teacher