



## Exercise Class Schedule

We have a variety of online classes to suit different levels of mobility - our classes are a perfect balance of fun and fitness and are presented by our highly experienced Physiotherapy and Wellbeing team. Get in touch to find out more.

SitFit	Mat Pilates	Pump it Up	Step it Up
A seated class for strengthening and stretching the upper body and core muscles. With elements of Tai Chi for improved breathing and relaxation.	Low-impact core strengthening exercises to improve postural alignment, flexibility, and general fitness.	For low to medium levels of ability such as those requiring a walking aid. Seated exercise options are available.	A mixed seated/standing class which is suitable for mixed levels of mobility and conditioning, with some balance exercises.
<b>Monday 10:45-11:45</b>	<b>Monday 12:00-13:00</b>	<b>Tuesday 11:00-12:00</b>	<b>Wednesday 11:00-12:00</b>
Online Class using Teams Meetings	Online Class using Teams Meetings	Online Class using Teams Meetings	Face-to-Face class at Leith Treatment Centre
£32 for 4-week block	£32 for 4-week block	£32 for 4-week block	£40 for 4-week block