

Exercise Class Schedule

We have classes to suit mixed 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.

| Pump it Up | Step it Up |
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| <p>For low to medium levels of ability such as those requiring a walking aid. Seated exercise options are available.</p> | <p>A mixed seated/standing class which is suitable for mixed levels of mobility and conditioning, with some balance exercises.</p> |
| <p>Tuesday 11:00-12:00</p> | <p>Wednesday 11:00-12:00</p> |
| <p>Online Class using Teams Meetings</p> | <p>Face-to-face at Leith Treatment Centre</p> |
| <p>£32 for 4-week block</p> | <p>£40 for 4-week block</p> |