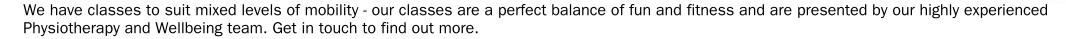
## **Exercise Class Schedule**



Pump it Up	Step it Up
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.
Tuesday 11:00-12:00	Wednesday 11 :00-12 :00
Online Class using Teams Meetings	Face-to-face at Leith Treatment Centre
Donation only in 2025	Donation only in 2025