

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
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