Chair Based Exercise

Active people live longer and healthier lives. A chair based exercise class is an easy, and enjoyable way to keep active!

- Keep your body strong
- Keep your heart healthy
- Meet new people and make new friends
- Reduce stress and risk of cancer

**Mondays:**
Cramond Kirk Hall. 14:00pm - 15:00pm.

**Wednesdays:**
St Anne’s Church, Corstorphine - 10:30am - 11:30am
Christ Church, Morningside - 13:15pm - 14:15pm

**Fridays:**
Oxgangs Neighbourhood Centre, Firrhill Drive - 10:45am - 11:45am
Lochend Neighbourhood Centre, Marionville Court - 15:00pm - 16:00pm

No need to sign up, just turn up on the day!
A £2 contribution is appreciated.

For more information please contact our Active Communities Team

0131 458 2260

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edinburghleisure.co.uk

The Biggest Club in Town