When was the last time you tried something out for the first time? As we get older, we need to continue to exercise to maintain our strength and flexibility. These exercises are tailored to improve these aspects of fitness, including the use of mindfulness from both seated and standing positions.

No need to sign up, just come along and give it a try!

Where: Meggetland Sports Complex, Meggetland Wynd, EH14 1AS
When: Fridays
Time: 10.00am – 11.00am
(parking available)

For more information please contact our Active Communities Team
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