

Connect Here Guide to Exercise Classes in Edinburgh



Edinburgh **Health and
Social Care** Partnership



July 2023

CONTENTS

EH3		
Edinburgh Leisure - Glenogle Swim Centre - Gym		4
EH4		
Edinburgh Leisure - Drumbrae Leisure Centre - Gym		4
EH5		
Edinburgh Leisure - Ainslie Park Leisure Centre - Gym		5
EH6		
Edinburgh Leisure - Leith Victoria Swim Centre - Gym		5
LGBT - Physical Activity Groups		6
EH7		
Meadowbank Sports Centre		6
Boxercise for Beginners - The Ripple		7
Exercise for Everyone - The Ripple		7
EH9		
Edinburgh Leisure - Warrender Swim Centre - Gym		8
EH10		
Exercise for Health (for the mature)		8
EH11		
Kick Boxing		9
Turn'd up Fitness		9
Gently Does It Exercise Class		10
Gentle Exercise 50+		10
Highland Hustle		11
B Healthy Together		11

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Email: ConnectHereUpdates@nhslothian.scot.nhs.uk

EH12	
Edinburgh Community Performing Arts - Older People	12
Tone up on Tuesday at Two (TTT)	12
Gentle exercise, walks and warm ups	13
EH14	
Edinburgh Leisure - Craiglockhart Leisure and Tennis Centre	14
EH15	
Edinburgh Leisure - Portobello Swim Centre	14
EH16	
Edinburgh Leisure - Jack Kane Sports Centre - Gym	15
Craigmillar Sports Social Club	15
Edinburgh Leisure - Gracemount Leisure Centre - Gym	16
Boxercise (Dance Studio)	16
EH16	
Keep Fit	17
EH29	
Ladies Exercise - Kirkliston Community Centre	17
Exercise	
Web Site	
Joe's Body Coach PE - Children and Adults	18
Edinburgh Leisure	
Fit for Health Classes - Edinburgh Leisure	18
Seated Exercise	
EH7	
Seated Exercise - The Ripple	19
EH10	
Seated Exercise - Eric Liddel Centre	19
EH11	
B Healthy Together - Chair Exercise	20
EH12	
Gentle Seated Exercise - Corstorphine Community Centre	20
EH13	
Gentle Seated Exercise Ageing Well - Oxgangs	21

Edinburgh Leisure - Glenogle Swim Centre - Gym

Glenogle Road
Edinburgh EH3 5JB

T: 0131 458 2100

W: <https://www.edinburghleisure.co.uk/venues/glenogle-swim-centre>

Summary: Located in the heart of Edinburgh, Glenogle Swim Centre's quaint Victorian baths have served the city for years. Lift weights in our gym or dip into our beautiful Victorian pool and swim lengths under a beautiful backdrop.

The centre is easily accessible by public transport, car and even by bike, so you can warm up on your way here!

EH4 Exercise

Edinburgh Leisure - Drumbrae Leisure Centre - Gym

30 Drum Brae Terrace
Edinburgh EH4 7SF

T: 0131 458 2100

W: www.edinburghleisure.co.uk/venues/drumbrae-leisure-centre

Summary: The swimming pool is currently closed for maintenance (June 26th for 12 weeks) but the Gym is fully operational offering the following services:

Activities Available:

Gym Session

Gym Introduction

Gym Instructor Review

Gym-based Classes

NRG Zone Junior Gym Class

Personal Training

Click on the above links for more information.

Edinburgh Leisure - Ainslie Park Leisure Centre - Gym

92 Pilton Drive
Edinburgh EH5 2HF

T: 0131 458 2100

W: <https://www.edinburghleisure.co.uk/venues/ainslie-park-leisure-centre>

Summary: The Gym is fully operational and offers the following services:

Gym sessions
Gym Introduction
Gym Instructor Review
Gym-based Classes
NRG Zone Junior Gym Class
Personal Training.

EH6 Exercise

Edinburgh Leisure - Leith Victoria Swim Centre - Gym

Junction Place
Edinburgh EH6 5JA

T: 0131 458 2100

W: www.edinburghleisure.co.uk/venues/leith-victoria-swim-centre

Summary: There's something for everyone at Leith Victoria, whether you love to log lengths in the Victorian pool or lift weights in their high-spec gym. Activities Available:

Gym Session
Gym Introduction
Gym Instructor Review
Gym-based Classes
NRG Zone Junior Gym Class
Personal Training.

LGBT - Physical Activity Groups

LGBT Health and Wellbeing
Duncan Place Community Hub
4 Duncan Place
Edinburgh EH6 8HW

T: 0131 564 3970

W: <https://www.lgbthealth.org.uk/lgbt-community-groups-scotland/physical-activity-groups/>

Summary: LGBT Health and Wellbeing run a wide range of physical activity groups, click on the link above to find out more.

EH7 Exercise

Meadowbank Sports Centre

139 London Road,
Edinburgh EH7 6AE

T: 0131 661 5351

E: welcomhost.msc@edinburghleisure.co.uk

W: <https://www.edinburghleisure.co.uk/venues/meadowbank-sports-centre>

Summary: The new Meadowbank has so much to offer the local community. It has a wide range of new facilities, click on the link above to find out more.

Boxercise for Beginners - The Ripple

198 Restalrig Road South
Edinburgh EH7 6DZ

T: 0131 554 0422

Opening Hours: Wednesday 6.30pm–7.30pm

E: admin@theripple.org.uk

W: <https://www.rippleproject.co.uk/whats-on-at-the-ripple>

Summary: Boxing moves combined with circuit training, and it is suitable for beginners. No booking required. £5 per class or £20 for block of six sessions.

EH7 Exercise

Exercise for Everyone - The Ripple

The Ripple
198 Restalrig Road South
Edinburgh EH7 6DZ

T: 0131 554 0422

Opening Hours: Wednesday 10.00am–10.45am

E: admin@theripple.org.uk

W: <https://www.rippleproject.co.uk/whats-on-at-the-ripple>

Summary: Suitable for men and women of all ages, no need to pre-book. £3 per class.

Edinburgh Leisure - Warrender Swim Centre

55 Thirlestane Road
Edinburgh EH9 1AP

T: 0131 458 2100

W: <https://www.edinburghleisure.co.uk/venues/warrender-swim-centre>

Summary: Warrender Swim Centre is a Victorian-era baths which has served the local community for decades. The newly refurbished venue consists of a swimming pool, sauna and gym, with an assortment of new fitness equipment.

EH10 Exercise

Exercise for Health (for the mature) - Braid Hall

Morningside Parish Church
2 Cluny Gardens
Edinburgh EH10 6BQ

T: 07986 988 727 (Dr Christine Myles, Physiotherapist)

Opening Hours: Thursday 10.00am–11.00am and 11.00am–12.00pm

E: mylesphysiotherapy@btinternet.com

Summary: Exercise Class for older people.

Kick Boxing

North Merchiston Club
48 Watson Crescent
Edinburgh EH11 1EP

Opening Hours: Monday 7.00pm–7.30pm, Saturday 12.15pm–1.15pm

W: <https://www.northmerchiston.co.uk/services-9>

Summary: Kickboxing is a fitness-based class only. Please note there is no contact at all. Kickboxing is a group of stand-up combat sports based on kicking and punching, historically developed from Karate, Muay Thai and Western boxing.

Click on the above links to book and to find more information.

EH11 Exercise

Turn'd up Fitness

North Merchiston Club
48 Watson Crescent
Edinburgh EH11 1EP

Opening Hours: Wednesday 6.30.pm–7.30pm

E: turndupdhobs@gmail.com

W: <https://www.northmerchiston.co.uk/services-9>

FB: <https://www.facebook.com/TurndUpDhobs/>

Summary: Turn'd Up Fitness is a unique, award winning, high energy, dance fitness program to the best RnB, Hip Hop and Dancehall music and is way more than just a fitness class! No dance experience required and Turn'd Up Fitness is suitable for all abilities. Classes are £6, get in touch to book.

Gently Does It Exercise Class

St Brides Community Centre
10 Orwell Terrace
Edinburgh EH11 2DZ

T: 0131 337 1376 (Alan at Health All Round)

Opening Hours: Friday 1.00pm–2.00pm

Summary: Gently Does It is an exercise class suitable for older adults and people living with long term health conditions. Led by Yvonne, Gently Does It provides an excellent class to increase your activity levels in a safe, comfortable environment. Through gentle movements and exercises the class will help to improve general health and wellbeing with a focus on flexibility, mobility and increasing strength. £2 per session. To register please contact Alan at Health ALL round at 0131 337 1376.

EH11 Exercise

Gentle Exercise 50+

Carrickvale Community Education Centre
2 Saughton Mains Street
Edinburgh EH11 3HH

Opening Hours: Monday 10.00am–11.00am

W: <https://carrickvalecommunitycentre.com/current-programme-2003/>

Summary: Gentle Exercises for the over 50's.

Highland Hustle

Carrickvale Community Education Centre
2 Saughton Mains Street
Edinburgh EH11 3HH

Opening Hours: Wednesday 6.00pm–6.45pm

W: <https://carrickvalecommunitycentre.com/current-programme-2003/>

Summary: Scottish inspired fitness class for adults. Get fit, feel great and most of all have fun. Suitable for all fitness levels.

EH11 Exercise

B Healthy Together

79-89 Broomhouse Crescent
Edinburgh EH11 3UU

T: 0131 467 7678

E: info@bhealthytogether.org.uk

W: <https://bhealthytogether.org.uk/>

FB: https://www.facebook.com/bhealthytogether/about/?ref=page_internal

Tw: <https://twitter.com/Bhealthytgether>

Inst: <https://www.instagram.com/bhealthytgether/>

YT: <https://www.youtube.com/channel/UC7j8ADHNOdTP1-oUdWC3xew>

Summary: It is important to stay active for long term health benefit for people of all ages, shapes, sizes, and abilities.

Live Facebook home workout classes are available for all ages and fitness levels and schedules may be found on Twitter.

Edinburgh Community Performing Arts

DN Studios

9b South Gyle Crescent

Edinburgh EH12 9EB

Opening Hours: Mondays and Thursday 10.30am-12.30pm

E: info@edinburghcommunityperformingarts.co.uk

W: www.edinburghcommunityperformingarts.co.uk/our-projects

Summary: ECPA run a Free gentle movement class for older aged 65 and over. This supportive community class is designed for people who may have dementia, Parkinson's or restricted movement. Click on the links above for more information.

EH12 Exercise

Tone up on Tuesday at Two (TTT)

Murrayfield Parish Church

28 Ormidale Terrace

Edinburgh EH12 6EQ

T: 0131 337 1091 (Office)

Opening Hours: Tuesday 2.00pm-4.00pm

W: <https://www.murrayfieldparishchurch.org.uk/>

Summary: Tone up on Tuesday at Two (TTT) for those of retirement age, seated exercise, followed by tea and coffee and optional service of worship.

Gentle exercise, walks and warm ups

Corstorphine Community Centre

5 Kirk Loan

Edinburgh EH12 7HD

T: 07580 659 676

Opening Hours: Friday 1.30pm–3.00pm

W: <https://www.corstorphinecommunitycentre.org.uk/>

Summary: Gentle exercise, walks and warm ups.

Edinburgh Leisure - Craiglockhart Leisure and Tennis Centre

177 Colinton Road
Edinburgh EH14 1BZ

T: 0131 458 2100

W: <https://www.edinburghleisure.co.uk/venues/craiglockhart-leisure-centre-tennis-centre>

Summary: Nestled by the foot of Craiglockhart Hill, Craiglockhart Leisure and Tennis Centre's gym, courts and fitness classes have been a hit with the community for years. Whether you want to play racquet sports (including indoor and outdoor tennis), get stuck into a fitness class, or simply clock up treadmill miles while looking out onto the swans on Craiglockhart Pond, Craiglockhart has something for you.

Click on the links above for information and details.

EH15 Exercise

Edinburgh Leisure - Portobello Swim Centre - Gym

57 Portobello Promenade
Edinburgh EH15 2BS

T: 0131 458 2100

W: <https://www.edinburghleisure.co.uk/venues/portobello-swim-centre>

Summary: Overlooking the promenade at Portobello, the swim centre has both a top-spec gym, and beautiful Victorian baths.

Craigmillar Sports Social Club

Jack Kane Sports Centre
208 Niddrie Mains Road
Edinburgh EH16 4ND

T1: 07909257414

T2: 07909257415

Opening Hours: Wednesday 4.00pm–6.00pm

E: connectingcraigmillar@gmail.com

Summary: Anyone living in the Greater Craigmillar area can attend. Anyone under 16 must be accompanied by a guardian/parent/carer. This service is an open access drop in sports club which includes badminton, basketball and table tennis. For all ages, levels, abilities and backgrounds. This is a fun, relaxed social space.

EH16 Exercise

Edinburgh Leisure - Jack Kane Sports Centre - Gym

208 Niddrie Mains Road
Edinburgh EH16 4ND

T: 0131 458 2100

W: <https://www.edinburghleisure.co.uk/venues/jack-kane-sports-centre>

Summary: The Gym has re-opened but to access the facility, an account needs to be set up and pre-booking visits is requested.

Click on the above links for more information.

Edinburgh Leisure - Gracemount Leisure Centre - Gym

22 Gracemount Drive
Edinburgh EH16 6RN

T: 0131 458 2100

W: www.edinburghleisure.co.uk/venues/gracemount-leisure-centre

Summary: Whether you enjoy logging lengths, lifting weights, or playing sport, you will find something you love at Gracemount. Bookable sports and activities at Gracemount include Badminton, Table Tennis, 5-a-side indoor football and basketball. You can also book Adult Social Badminton classes, facilitating match play with tips and techniques from the instructor.

Click on the above links for more information.

EH16 Exercise

Boxercise (Dance Studio)

Cameron House Community Education Centre
34 Prestonfield Avenue
Edinburgh EH16 5EU

T: 0131 667 3762

Opening Hours: Thursday 10.00am-11.00am

E: cld-cameronhouse@ea.edin.sch.uk

W: www.joininedinburgh.org

Summary: Centre Membership required. Adult: £8.50, Senior Citizen/Registered Unemployed: £5.00, Student: £5.00, Disabled: £4.00, Youth (Under 18): £6.00/£5.00

Keep Fit (Free Class) (Sports Hall)

Cameron House Community Education Centre
34 Prestonfield Avenue
Edinburgh EH16 5EU

T: 0131 667 3762

Opening Hours: Monday 9.30am-10.30am, Tuesday 9.30am-10.30am, Wednesday 10.30am-11.30am

E: cld-cameronhouse@ea.edin.sch.uk

W: www.joininedinburgh.org

Summary: Centre Membership required. Adult: £8.50, Senior Citizen/Registered Unemployed: £5.00, Student: £5.00, Disabled: £4.00, Youth (Under 18): £6.00/£5.00

EH29 Exercise

Ladies Exercise - Kirkliston Community Centre

Kirkliston Community Centre
16 – 18 Queensferry Road
Edinburgh EH29 9AQ

T: 0131 333 4214

Opening Hours: Monday 2.00pm–3.00pm

W: <https://kirklistoncommunitycentre.org/adults/>

Summary: This popular exercise class has been running in the centre for years as it is a great way to start off the week with gentle movement and exercise to music which will help to keep anyone mobile, agile and supple. £3 per session.

Fit for Health Classes - Edinburgh Leisure

T: 0131 458 2260

E: active@edinburghleisure.co.uk

W: <https://www.edinburghleisure.co.uk/fit-for-health>

Summary: The friendly team of instructors can support participants in a range of enjoyable ways, including:

- In-venue classes
- Pre-recorded classes
- Live streamed classes
- Outdoor sessions

Fit for Health is a 16-week physical activity referral programme for people with long-term health conditions.

This physical activity programme is for those aged 16+ with a long-term health condition (e.g. cardiovascular disease, respiratory disease, heart failure, cancer, arthritis or diabetes/risk of developing diabetes).

Click on the above links for more information.

Exercise

Joe's Body Coach PE - Children and Adults

YT: <https://www.youtube.com/user/thebodycoach1>

Summary: This YouTube Channel has a wealth of exercise videos for all ages and there is no need to go to a gym as all of the exercises can be done from home.

Seated Exercise - The Ripple

The Ripple
198 Restalrig Road South
Edinburgh EH7 6DZ

T: 0131 554 0422
Opening Hours: Wednesday: 11.00am–11.45am

E: admin@theripple.org.uk
W: <https://www.rippleproject.co.uk/whats-on-at-the-ripple>

Summary: No need to pre-register for this chair-based exercise for all ages, just turn up.
£3 per class

EH10 Seated Exercise

Seated Exercise Class with Alice or Susan

Eric Liddel Centre
15 Morningside Road
Edinburgh EH10 4DP

T: 0131 332 0669 (Dawn)
Opening Hours: Wednesday 2.30pm–4.00pm

E: dawngyles@gmail.com
W: <https://www.ericliddell.org/whats-on/>

Summary: People of all ages, shapes, sizes, and abilities are welcomed to join in with the class as well, the free tea and biscuits and chat after class. £3.50 to be paid in class.

B Healthy Together - Chair Exercise

Saint Davids Church Hall
70 Broomhouse Crescent
Edinburgh EH11 3RH

Opening Hours: Wednesday 11.15am–12.15pm

E: info@bhealthytogether.org.uk

W: <https://bhealthytogether.org.uk/active/>

FB: <https://www.facebook.com/bhealthytogether/>

Summary: It is important to stay active for long term health benefit for people of all ages, shapes, sizes, and abilities. This seated work can be tailored for different help or mobility needs. Suitable and welcoming for all with wheelchair accessibility. Click on the above links for more information and to pre-book attendance for this class.

EH12 Seated Exercise

Gentle Seated Exercise

Corstorphine Community Centre
5 Kirk Loan
Edinburgh EH12 7HD

T: 07580 659 676

Opening Hours: Tuesday 10.45am–11.45am

E: <https://www.corstorphinecommunitycentre.org.uk/contact-us>

W: <https://www.corstorphinecommunitycentre.org.uk/>

FB: <https://www.facebook.com/CorstorphineCommunityCentre/>

Tw: <https://twitter.com/CorstorphineCo1>

Summary: Gentle Seated Exercise

Ageing Well - Chair-based exercise

Oxgangs Neighbourhood Centre
71 Firrhill Drive
Edinburgh EH13 9EU

T: 0131 458 2260 (Active Communities Team)
Opening Hours: Wednesday: 10.30am–11.30am

E: active@edinburghleisure.co.uk

W: <https://www.edinburghleisure.co.uk/activities/active-communities/ageing-well>

Summary: An exercise class in a chair-based format is an easy and enjoyable way to keep active. The qualified instructors will play some classic tunes whilst challenging individual paces.

