

# Get Active Class Timetable

Venue	Day	Time	Class	Instructor
Ainslie Park Leisure Centre	Monday	3:00pm – 3:45pm	Active Sit	Amanda
	Wednesday	2:00pm – 2:45pm	Strength & Balance	Michael
Craiglockhart Leisure Centre	Monday	2:35pm – 3:20pm	Active Sit	Sally
	Monday	3:35pm – 4:20pm	Strength & Balance	Sally
	Tuesday	3:00pm – 3:45pm	Seated Yoga	Sally
	Thursday	2:30pm – 3:15pm	Strength & Balance	Sally
Drumbrae Leisure Centre	Monday	11:30pm – 12:15pm	Active sit	Amanda
	Monday	12:30pm – 1:15pm	Strength & Balance	Amanda
	Monday	3:45pm – 4:30pm	Seated Yoga	Joanna
	Thursday	11.00pm- 11:45pm	Strength & Balance	Sally
Gracemount Leisure Centre	Tuesday	1:00pm -1:45pm	Active sit	Amanda
	Tuesday	2:00pm- 2:45pm	Strength & Balance	Amanda
Leith Victoria	Tuesday	1:30pm – 2:15pm	Seated Yoga	Joanna
	Thursday	1:00pm -1:45pm	Active sit	Amanda
	Thursday	2:00pm – 2:45pm	Strength and Balance	Amanda
Royal Commonwealth Pool	Monday	2:30pm-3:15pm	Strength and Balance	Michael
	Wednesday	12:30pm- 1:15pm	Active Dance	Amanda
	Wednesday	1:30pm- 2:15pm	Strength & Cardio	Amanda
	Thursday	2:00pm – 2:45pm	Active Sit	Elaine

## Get Active Classes

Active Aqua	A fun and social water-based class that uses the resistance of water to work the whole body. This class is delivered in shallow water to help build water confidence while helping you to build on your strength and balance. This class is ideal if you are new to water-based activities or feel it has been some time since you last took part in exercise in water.
Active Sit	This fun low-level class combining seated and standing exercises is perfect if you want to build strength and improve balance or co-ordination or if you are just looking for a friendly class as a way being active. Active Sit is great for anyone who has poor balance, walks slowly or uses mobility aids to get around.
Seated Yoga	This low-level class uses a combination of seated and standing based movements that focus on stretches to increase flexibility, strength and balance to the whole body, with a focus on helping to relieve stress and help your body to relax.
Strength & Balance	This low-level circuit session is fun and designed to work the whole body. This is the ideal class if you can move around independently and are looking to build on your strength and balance. This class uses a mixture of body weight and light weights and a great thing about this class is that each exercise can be adapted to meet your individual needs and allows you to work at your own pace in a friendly group environment.
Active Dance	Active Dance is a fun and social way to be active. This low-level dance class is a great way to work the whole body helping you to maintain or improve coordination, balance and confidence without even realising.
Strength & Cardio	This lightly energetic circuit class is designed to work the whole body a little bit more than the Strength and Balance class, so it's ideal for those who are looking to further build improve their physical fitness. Similar to Strength & Balance we use body weight and light weights during the class and each exercise can be adapted to meet your individual needs and allows you to work at your own pace in a friendly group environment.