

Low Level Fitness Classes

Class Descriptors

All of our Low Level Classes are delivered by fully qualified staff within an Edinburgh Leisure studio. Class duration is 45 minutes and cost £3.75 per class.

Active Sit

Class aim - Focused on maintaining or improving strength, balance, mobility and general health for participants.

Criteria – Individuals who can walk slowly but have limited dynamic standing balance or require walking aid

Strength & Balance

Class aim – Maintain or improve cardiovascular capacity, increase muscle strength and endurance

Criteria - Individuals independently mobile (with or without aid) able to move without assistance/minimum assistance between stations.

Strength & Cardio

Class aim – Maintain or improve cardiovascular capacity, increase muscular strength and endurance

Criteria – Individuals who are mobile (without aid) and have good functional capacity

Seated Yoga

Class aim – Improve strength, balance and confidence in everyday movement as well as relaxation

Criteria - Individuals who have limited dynamic standing balance or require mobility aids to stand

Active Aqua

Class aim – Improve individuals water confidence as well as coordination and strength.

Criteria – Anyone who is confident to exercise in shallow water.

Please ask instructor if you have any further questions