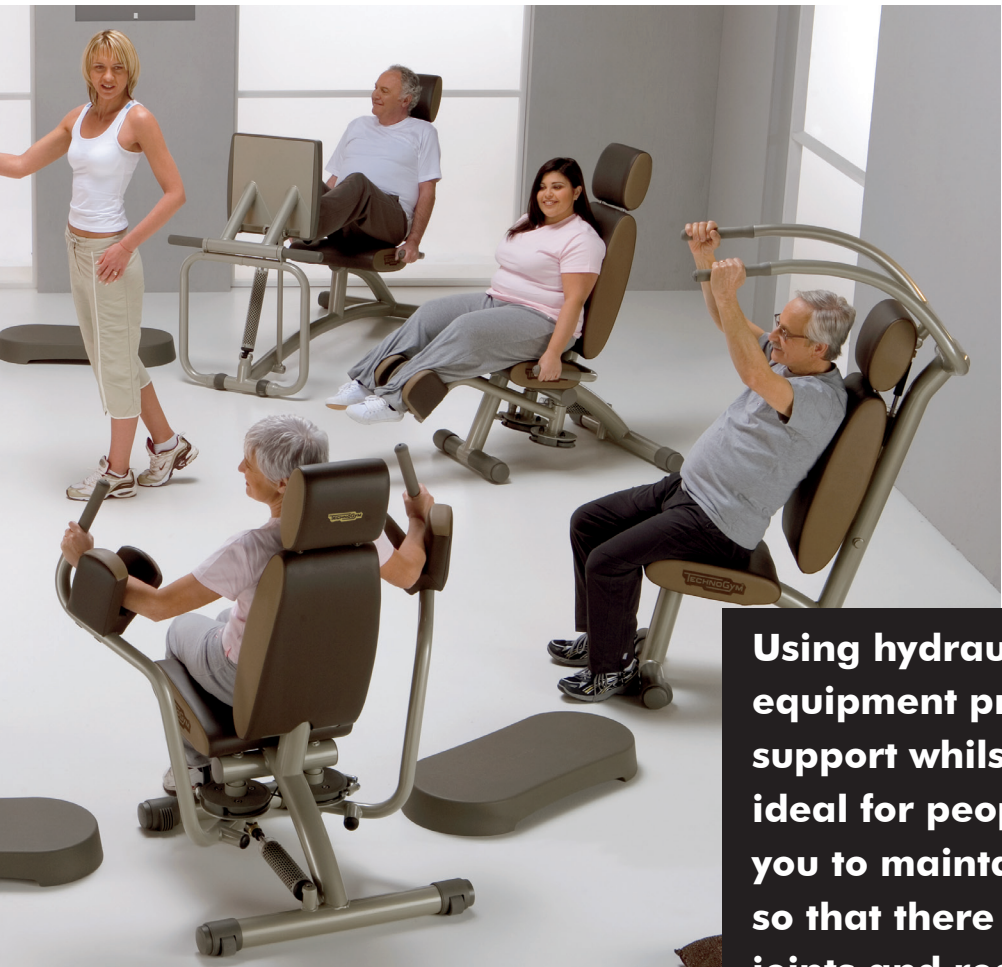


# Easyline

**Xcite Broxburn**  
Wednesday & Friday  
14:00-15:00

**Xcite Bathgate**  
Friday  
11:30-12:15

**Xcite East Calder**  
Thursday  
11:00-11:45



**Using hydraulic resistance Easyline equipment provides you with extra support whilst exercising. Easyline is ideal for people of all ages! It helps you to maintain the correct position, so that there is no pressure on your joints and reduces risk of strain and injury.**

## Benefits of Easyline

- A complete body workout in 45 minutes.
- No need to adjust weight stacks found in normal gyms.
- Easyline is easy to learn and accessible to all fitness levels.
- Regardless of your current levels of fitness the equipment is designed to give you specific fitness results.
- Easier to use on your joints and can help with rehabilitation from injury. The circuit design promotes an active and fun atmosphere.

Participants must be currently on an active Referral membership to be eligible to attend the class. For more information call 01506 237950

**XCITE**

[www.westlothianleisure.com](http://www.westlothianleisure.com)

@XciteLeisure

