

AGEING WELL



A chair-based exercise class is an easy, and enjoyable way to keep active.

Our instructors will put you through your paces whilst playing some classic tunes.

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

Oxgangs Neighbourhood Centre, Firhill Drive
Fridays
10.45am – 11.45am

For more information, please contact us:

Active Communities Team

☎ 0131 458 2260

✉ active@edinburghleisure.co.uk