

Danceability Classes

We're trialling live streamed fitness classes

We know how much everyone has missed attending Danceability – our fun dance class for adults with learning and physical disabilities – so we are trialling two Christmas themed classes, live streamed in your own home.

How to access online classes

If you haven't used our online booking system before, please visit our website or app to set up your account. Once you've registered, you can visit our online class platform Move here

www.movegb.com/edinburgh-leisure-login and log in using the same email address and password. You can then search for Danceability and click 'Book Now' to sign up. The class will be available to book 3 days in advance.

You can quickly get to the website again via the Edinburgh Leisure app, or through the Fitness Classes section of our website.

If you're a support worker or carer, you can book a space and join with the person (or people) you are supporting using your CAP card, or you can use a CAP individual card to book.

Classes will be running on Monday 22nd December and Tuesday 29th December, at 10.00am.

What will classes be like?

To join your class, log into your Move account via the Edinburgh Leisure website or app. Locate your class by selecting the 'Bookings' tab. Up to 30 minutes prior to the class start time, you can 'Check in'. You'll automatically be taken to the class on Zoom. When you're ready, click 'Launch Meeting' and the instructor will let you in.

Please be ready at least 5 minutes before the class starts - once it has started, the instructor will lock the class and you won't be able to join.

Danceability is a two-way class, taught by our instructor Roz. In a two-way class the instructor will be able to see you, so they can interact with you during the workout. You will also be able to speak to the instructor at the beginning and end of the class, but you will be muted for the duration of the class itself.

Please make sure that the area you use to take part in the class has plenty of space.

Will there be more classes in future?

We are working behind the scenes to make more live streamed Active Communities classes available in the new year. Currently we're trialling Move online fitness classes with our fitness class members to fine-tune how we deliver these classes.

Thank you for your continued patience whilst Edinburgh remains under Level 3 restrictions, we hope you enjoy our live classes!

The Edinburgh Leisure Fitness Team

www.edinburghleisure.co.uk

