

Access to live online classes for Active Communities participants

As you know, our fitness venues are closed again due to Level 4 guidance. We're dedicated to keeping you active during this tough time, so we're giving you free access to our live streamed online classes.

Since December Edinburgh Leisure has been delivering the following classes online:

- Active Life
- Body Conditioning
- Bodyattack
- Bodycombat
- Bodypump
- Metafit
- Pilates
- Sh'Bam
- Yoga
- Zumba

From January 26th, we are adding the following Active Communities classes to the timetable, led by our Active Communities instructors:

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. Active Sit is great for anyone who has poor balance, walks slowly, or uses mobility aids to get around.

Strength and 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.

Strength and Cardio - This lightly energetic circuit class is designed to work the whole body using just your own body weight and a chair. This is the ideal class if you can move around independently and are looking to build on your aerobic fitness

Active Dance - A low-level dance class suitable for people with a disability, a long-term health condition, or who are new to being active.

You can take part in any of the classes above and have them live streamed in your own home.

How to access online classes

Classes will commence on Tuesday 26th January and will be available to book 3 days in advance through our online class booking website, Move.

You can see class listings and make bookings via the Online Fitness Classes tile on the Edinburgh Leisure app, or through the [Fitness Classes](#) section of our website. Alternatively, click on the button below:

[CLICK HERE TO LOG IN TO MOVE](#)

Your log-in details for the Move website will be the same as your regular Edinburgh Leisure booking account.

If you have lost these details or need to re-set your password, please see our [instructional video](#).

Please note that by logging in to create this account, your data will be shared with our partner, Move.

How do I join my online class?

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. All classes will be one-way. This means the instructor won't be able to see or hear you.

For your own safety, please make sure that the area you use to take part in the class has plenty of space. If equipment is required for your class, it'll be included in the description before you book.

How long are these classes available for?

These classes are part of a trial and will help us plan what we do in the future.

We have not set an end date for the trial, and you'll have access to live streamed classes until we are able to re-open our fitness venues again.

After you participate in an online class, we'll reach out to you for your feedback.

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

The Edinburgh Leisure Active Communities Team

Visit us a: edinburghleisure.co.uk



Regular physical activity can help too...

