

# MOVE MORE EAST LoTHIAN ACTIVITY SCHEDULE



In partnership with



IN-PERSON CLASSES MUST BE PRE-BOOKED  
Tel: Musselburgh Sports Centre 0131 653 5208  
Tel: Dunbar Leisure Pool 01620 820 655

Access details required for Virtual Classes –  
email [movemore@enjoyleisure.com](mailto:movemore@enjoyleisure.com) or call  
0131 653 5264 for more details

## MONDAY

CIRCUITS/GROUP EXERCISE WITH LAURA

DUNBAR LEISURE POOL

12:15 - 1:15 PM

HEALTH & WELLBEING WALKS

HADDINGTON, NORTH BERWICK

Contact for details

GARDENING GROUP

AMISFIELD WALLED GARDEN, HADDINGTON

Contact for details

## TUESDAY

GENTLE MOVEMENT

MUSSELBURGH SPORTS CENTRE

11:30 - 12:30 PM

GYM-BASED CIRCUITS WITH GORDON

MUSSELBURGH SPORTS CENTRE

12 - 1 PM

HEALTH & WELLBEING WALKS

PRESTONPANS, DUNBAR, ABERLADY

Contact for details

## WEDNESDAY

GENTLE MOVEMENT ONLINE

VIRTUAL - ZOOM

11:30 - 12:30 PM

HEALTH & WELLBEING WALKS

MUSSELBURGH, DIRLETON

Contact for details

GARDENING GROUP

AMISFIELD WALLED GARDEN, HADDINGTON

Contact for details

PARTNERING  
WITH:



Health Disclaimer – Online/Virtual Classes: We want you to enjoy your online class provided by enjoyleisure, however, because we can't be there with you, it's important that you take responsibility for your own exercise by acknowledging and respecting your own physical limitations. If you have any concerns about your physical health, you should always seek advice, in the first instance from your GP, before participating any activity offered by enjoyleisure. By accessing our online classes you are acknowledging, accepting and agreeing that all classes are carried out voluntarily and at your own risk. You agree and understand that physical exercise can involve low, medium and strenuous physical activity and that you take full responsibility for accessing activities appropriate to your own physical capability, and participate within such sessions within your own limits. Further you waive and release any claim that you may have at any time for injury of any kind against enjoyleisure, or any person or entity involved with Enjoy East Lothian Ltd

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## THURSDAY

GENTLE MOVEMENT

DUNBAR LEISURE POOL

12:30- 1:30 PM

GARDENING GROUP

AMISFIELD WALLED GARDEN, HADDINGTON

Contact for details

## FRIDAY

HEALTH & WELLBEING WALKS

DUNBAR

Contact for details

GARDENING GROUP

AMISFIELD WALLED GARDEN, HADDINGTON  
& THE RIDGE, DUNBAR

Contact for details

## SATURDAY

HEALTH & WELLBEING WALKS

MUSSELBURGH

Contact for details

GARDENING GROUP

AMISFIELD WALLED GARDEN, HADDINGTON

Contact for details

For more information or to join Move More East Lothian, please see the [enjoyleisure.com](http://enjoyleisure.com) website or contact us on;  
T: 0131 653 5264 or email [movemore@enjoyleisure.com](mailto:movemore@enjoyleisure.com)

PARTNERING  
WITH:



FOR A HAPPIER,  
HEALTHIER SCOTLAND



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