

 fitandhappy.co.uk



fitandhappy Female Fitness Coaching in Edinburgh

Group Fitness Classes



OUTDOOR FITNESS CLASSES IN EDINBURGH

Our classes are women-only.
Suitable for all ages.
Suitable for all levels of ability.
Welcoming & supportive.
Enjoyable & fun!

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**TO CARE FOR ONE'S BODY AND
KEEP IT HEALTHY IS TO LOVE
ONESELF.**



FITNESS CLASSES



BOOTCAMP

Ideal if you want to get fit, lose weight, find your core or just make exercise fun again.

LIFE

Low Impact fitness class ideal for those who don't want to run and jump.

RUNNING

A coached running class ideal for beginner and intermediate runners.

WALKING

A menopause walking group that includes learning about your health through menopause.

EDINBURGH BOOT CAMP FOR WOMEN

Our boot camps will help you become fitter and stronger.

They will also lift your mood and make you feel more energised.

Cardiovascular exercise improves heart and lung fitness and increases bone and muscle strength.

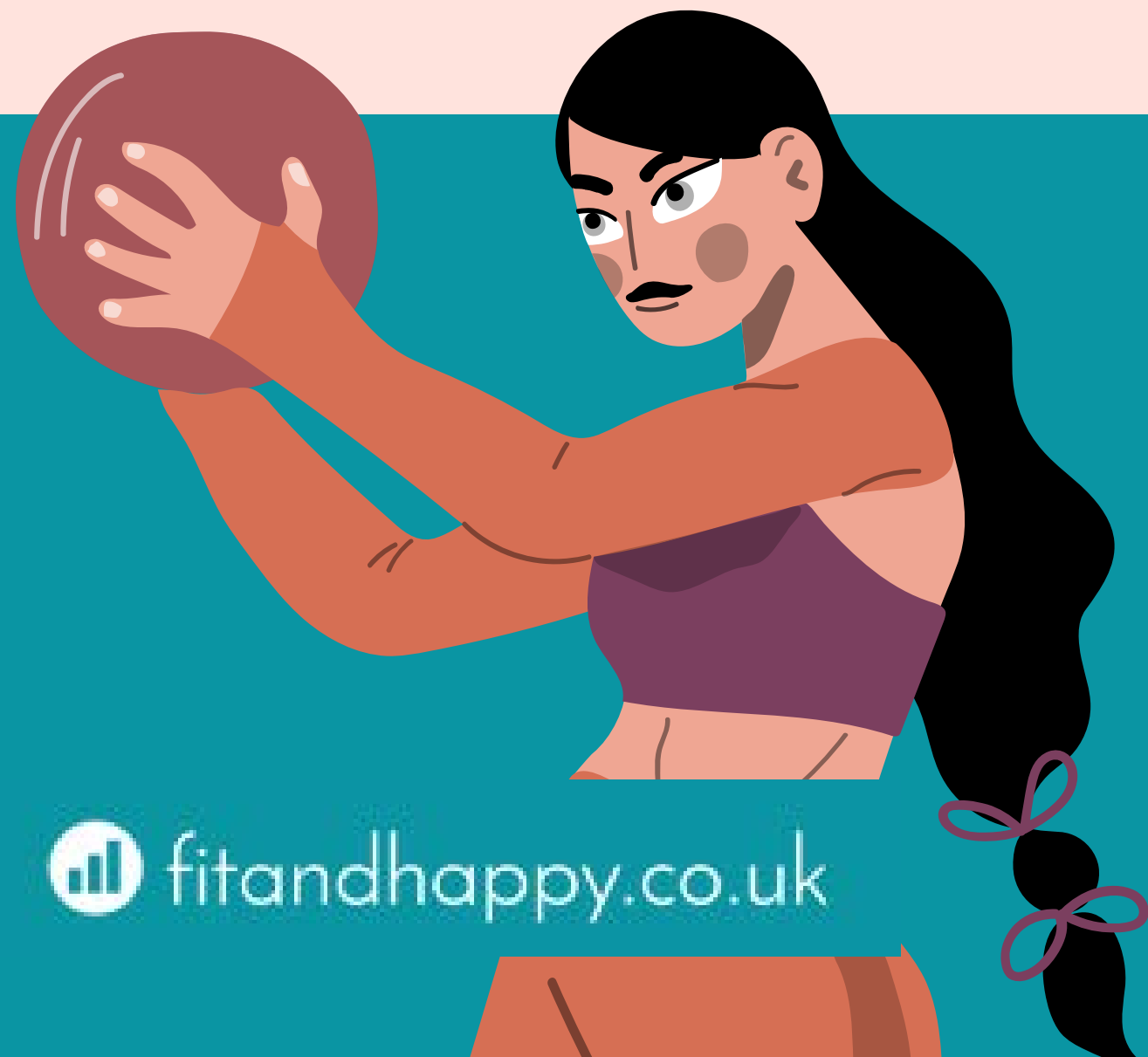
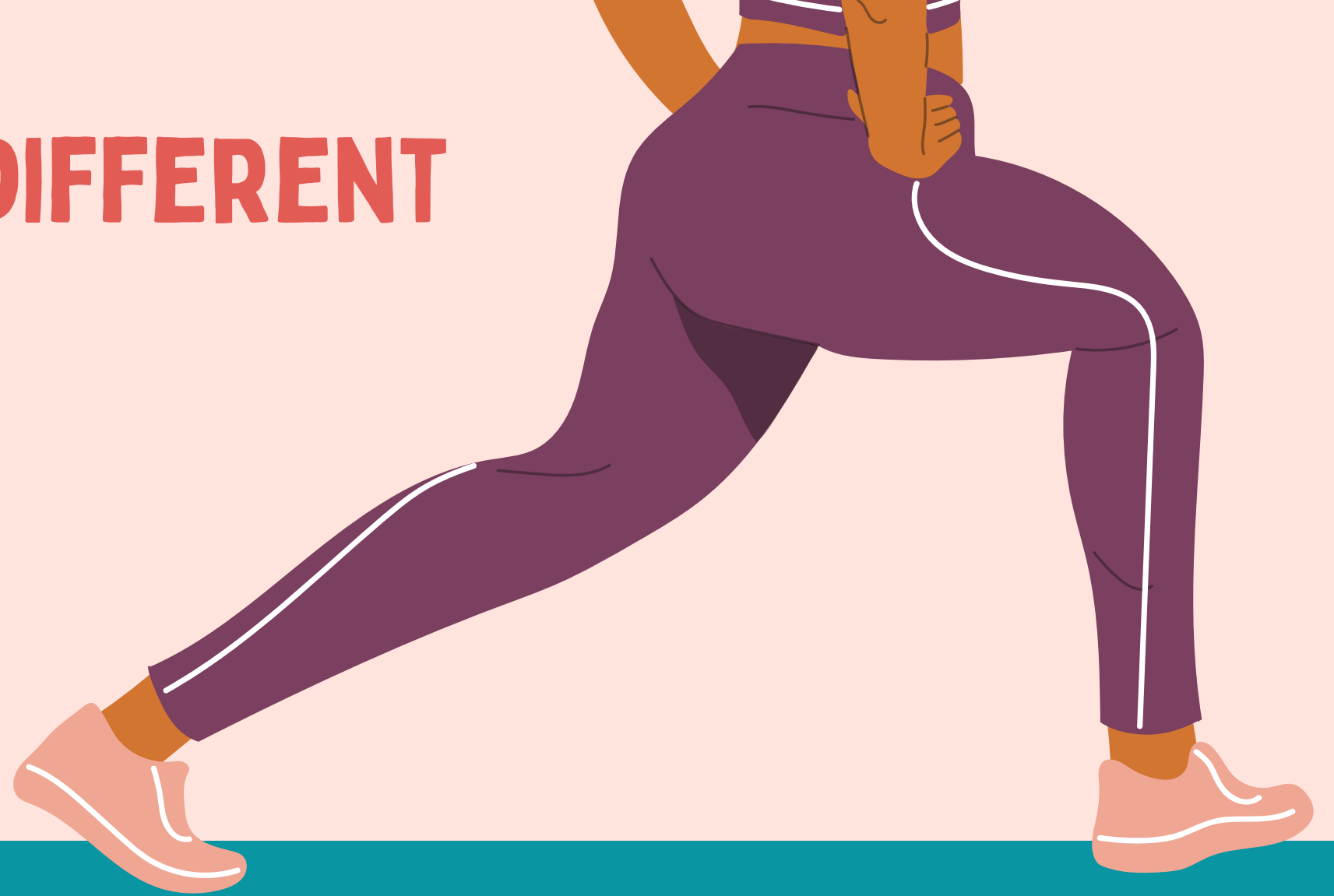
Everything you need to make everyday tasks easier!



WHY OUR BOOT CAMPS ARE DIFFERENT

Women only

Coaching specific to women's bodies.
Small classes sizes to all individual coaching.
Exercises adapted to your level of fitness.
Fun, supportive and welcoming.



BOOT CAMP LOCATIONS

Our boot camps are held in parks throughout Edinburgh.

[The Meadows](#)

[Inverleith Park](#)

[Victoria Park](#)

[Ravelston Park, Blackhall](#)

[Spylaw Park, Colinton](#)

[Rosefield Park, Portobello](#)

LOW IMPACT FITNESS CLASS



Join our Low Impact Exercise Class to retain muscle mass, reduce aches and pains, feel strong and energised and ready to take on the world.

The L.I.F.E. class is aimed at women aged 55+ but everybody is welcome. If you can't do or don't want to do high impact you are in the right place.

Classes are currently held in Holyrood Park and Spylaw Park in Edinburgh.



COACHED RUNNING GROUPS FOR WOMEN

Our 5-week programmes teach you to run, improve your running technique, speed and stamina.

Our coaching is tailored to your needs.

Suitable for beginner and intermediate runners

Coached running groups are currently held in Ravelston Park, Blackhall and the Meadows.

MENOPAUSE WALKS

Improve your menopause experience with our [Menopause Walks](#) in Edinburgh.

Connect with women at the same phase of life.

Learn more about menopause and perimenopause from our menopause transition coach.

Improve your physical and emotional wellbeing.





fitandhappy

CONTACT

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If you want to know more about our classes or have any concerns about joining one, please get in touch. We will be able to advise you on the best class for your aims and ability and reassure you that we will look after you and support you.

BE FITTER ,STRONGER & HAPPIER



Fitness classes for ALL women