



**What's on near you?**

# Walking, Exercise & Sport

## Pentland Villages

For more information contact:

Caroline Clark

South West Villages Development Officer,  
Eric Liddell Centre, 15 Morningside Road, Edinburgh,  
EH10 4DP 0131 357 1277 [clarkc@ericliddell.org](mailto:clarkc@ericliddell.org)

### Balerno Footsteps 4 Fitness

A varied programme of over 25 walks during term time. Monday Walks (2-4 Miles), alternate Thursdays (shorter walks 2-3 miles) and alternate Fridays ('Tortoise Walks' – 1-2 miles). All walks start at 10.00am. Contact: ericahmartin@hotmail.co.uk

### Balerno & District Group Ramblers

Wide programme of walks, all welcome. Car sharing encouraged to minimise environmental impact. Recommended donations from walkers to cover travel costs. Further details listed in the What's On pages of C&B News.

Contact: Weekend Walks – chair Stan Cartmell 0131 538 5576  
lands.cartmell@blueyonder.co.uk

Mid-week – Moira Timmins 0131 449 4525

moira50timmins@hotmail.co.uk or Neil Duffy 0131 441 7434

enessde-soc@yahoo.co.uk; www.lothian-borders-ramblers.org.uk

### Ageing Well Walks

A range of walks designed for older adults at locations across the city. Programme includes regular walks in Balerno and Juniper Green. See Edinburgh Leisure website for details.

[www.edinburghleisure.co.uk/ageing-well-walks](http://www.edinburghleisure.co.uk/ageing-well-walks).

Contact: Active Communities Advisors 0131 458 2260  
active@edinburghleisure.co.uk

### Currie Kirk Walking Group

All ages welcome, an enjoyable ramble with time to admire the beauty of our countryside. Last Sunday of each month, departing at 11.30 am from the Kirkgate Car Park, Currie.

Contact: Moira McDonald, 0131 467 0682.

### Bowling Clubs

New members are always welcome whether you are a beginner, experienced player or as a social member. Clubs hold a range of social events and activities throughout the year.

Currie Bowling Club, 225 Lanark Road W, EH14 5NR 0131 449 2668;

Juniper Green Bowling Club, 600 Lanark Road, EH14 5EN

Balerno Bowling Club, 5 Ladycroft, Balerno EH14 7AG 0131 449 3789  
info1@balernobowlingclub.co.uk

## Walking Football

Are you over 50? Fancy playing football but at a slower pace? Then 'walking football' is the thing for you! Fridays, 4.30-5.30pm, Oriam  
Contact: [info@oriam.hw.ac.uk](mailto:info@oriam.hw.ac.uk)

## Yoga

Classes are suitable for beginners as well as those who have done yoga many times before.  
Monday 6pm Hanover Housing St Margaret's Hall, Juniper Green  
Monday 8.40pm Balerno Scout Hall; Tuesday 8pm Gibson Craig Hall; Wednesday 7.45pm Forthview Crescent Scout Hall  
Contact: Monica Evans 07986 600 432 [karmayoga@btinternet.com](mailto:karmayoga@btinternet.com) [www.karmatreeyoga.co.uk/yoga-classes](http://www.karmatreeyoga.co.uk/yoga-classes)

## Yoga

Monday 10.30-11.30 Gibson Craig Hall  
Contact: Annemarie Crozier 07887 526116

## Hatha Yoga

Friday 9.30-10.30am Currie Community Centre (Theatre Room)  
Contact: Lisa [yogaforyou2018@hotmail.com](mailto:yogaforyou2018@hotmail.com)

## Pilates

Pilates is a system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness

Intermediate/advanced, Mondays 7.30pm - 8.30pm Beginners/postbeginners Mondays 8.30pm - 9.30pm Balerno Parish Church;  
Contact: Judith 07716 830 905

[judithrintoulpilates@hotmail.com](mailto:judithrintoulpilates@hotmail.com)

Fuschia Pilates, Wednesday 12.00 – 13.00 Gibson Craig Hall  
Contact: Stephanie Bain 07773270780

## Move It or Lose It

Fun and easy seated or standing exercises for older people. Everyone is welcome – we can help you feel fit for life.  
Wednesday 2.30-3.30, Gibson Craig Halls, Currie  
Contact: 07769345845 [janet.corbett@moveitorloseit.co.uk](mailto:janet.corbett@moveitorloseit.co.uk)

## Movement for All

Chair based exercise with Edinburgh Leisure

1st and 3rd Mondays of the month, 2-4pm, Scout Group Hall, Forth View Crescent, Currie; Contact: Active Communities

Advisors 0131 458 2260 [active@edinburghleisure.co.uk](mailto:active@edinburghleisure.co.uk)

## PIYO Live!

Pilates + Yoga + Non-stop movement. Stretch, strengthen and sweat all in one work out.

Tuesday 9am Balerno Scout Hall

Thursday 8pm Balerno Community Centre; Contact: Heidi

07982205111 [heidi.instructor@gmail.com](mailto:heidi.instructor@gmail.com)

## Tennis

Balerno Lawn Tennis Club is open all year, offers two all-weather courts and we are always happy to welcome new members.

Contact: [info@balernotennisclub.com](mailto:info@balernotennisclub.com); [www.balernotennisclub.com](http://www.balernotennisclub.com)

## Zumba

Workout to Latin rhythms, fun for all ages.

Thursday 10.15-11.15am Gibson Craig Hall; Contact: Tom Lowe

07980692929

## Tai Chi

Slow, gentle form of exercise suitable for people of all ages and most levels of fitness;.Friday 9.30-10.30am

Balerno Parish Church; Contact: John Ward 0131 660 1575

Call our Phone Line:  
**0131 603 8311**

 · EDINBURGH ·  
THE CITY OF EDINBURGH COUNCIL

Working together for a caring,  
healthier, safer Edinburgh