

## Fitness option information pack

Foxtailsfitness

A printable overview with key details, next steps, and the matching online service page.

### Service guide

## Outdoor fitness classes

Sundays / £20 per month or £6 per class

**Unavailable**

Currently unavailable. Contact Danielle if you would like help choosing another option.

### Overview

Beginner-friendly group training with a welcoming local community.

**A friendly way to move more, meet people, and build routine outdoors.**

#### Best for

- Anyone who enjoys training with others
- Beginners who want a supportive pace
- Building a weekly exercise rhythm

#### Included

- Coach-led outdoor sessions on Sundays
- Options for different fitness levels within the same class
- A welcoming group atmosphere with clear demonstrations



#### View the full service page

<https://foxtailsfitness.co.uk/fitness-options/outdoor-fitness-classes/>

#### Contact or enquire online

<https://foxtailsfitness.co.uk/contact?service=Outdoor+fitness+classes>

Foxtailsfitness - Personal training and wellbeing in East Lothian

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