

MIDLOTHIAN ACTIVE CHOICES (MAC) - Timetable 2024			Issue date: 19/8/2024
Mon	9.00-10.00	Drop-in Session	Newtongrange LC
	10.00-11.30	Gym Session	Newtongrange LC
	10.30-11.30	Circuit Class	Newtongrange LC
	1.00-1.45	Spin Cycle Class	The Penicuik Centre
	1.00-2.00	Gym Session	The Lasswade Centre
	2.00-3.00	Drop- in Session	The Lasswade Centre
	2.00-3.00	Drop- in Session	The Penicuik Centre
	5.15-6.15	Gym Session	The Lasswade Centre
Tues	9.00-10.15	Drop-in / Gym Session	Newbattle Community Campus
	9.30-10.15	Circuit Class(Changes to a 9:15am starts 1 <sup>st</sup> Oct)	Gorebridge Leisure Centre
	9.30-10.15	Circuit Class	Danderhall Community Hub
	10.15-11.00	NEW Circuit Class (starts 1 <sup>st</sup> Oct)	Gorebridge Leisure Centre
	10.30-11.30	Drop-in Session	Danderhall Community Hub
	10.30-11.15	Aqua Therapy	Newbattle Community Campus
	12.00-12:45	Circuit Class	The Penicuik Centre
	2.30-3.30	Gym Session	The Penicuik Centre
5:30-6:30	Drop-in Session	Newbattle Community Campus	
Wed	10.00-10.45	Spin Cycle Class	Loanhead LC
	10.00-11.15	Gym Session	Newtongrange LC
	12.00-1.00	Swimming Session	The Lasswade Centre
	2.00-3.00	Gym Session	The Penicuik Centre
	4.15-5.00	Circuit Class	Loanhead LC
	5.15-6.15	Gym Session	Loanhead LC
Thurs	9.00-10.00	Gym Session	Loanhead LC
	10.00-11.00	Drop-in Session	Gorebridge Leisure Centre
	10.30-11.15	Circuit Class	Newbattle Community Campus
	11.15-12.00	Aqua Therapy	Loanhead LC
	12.00-12:45	Circuit Class	The Lasswade Centre
	12.30-1.30	Gym Session	Newbattle Community Campus
	1.00-1.45	Gym Session	The Lasswade Centre
	2.00-3.00	Drop-in Session	The Lasswade Centre
	2.30-3.30	Drop-in Session	Loanhead LC
Fri	9.00-10.00	Drop-in Session	Loanhead LC
	10.00-11.00	Gym Session	Newtongrange LC
	12.00-12.45	Circuit Class	The Penicuik Centre
	12.00-1.00	Circuit Class	Loanhead LC
	1.00-2.00	Circuit Class	Loanhead LC
	1.30-2.15	Circuit Class	The Lasswade Centre

Class descriptions and more information about MAC on the reverse of this page.

Instructor annual leave may affect the timetable, please call to make sure session is on and or book classes at the leisure centre if needed.

**Please note...participants must be able to follow instructions and able to self-mobilise.**



Midlothian Active Choices (MAC) is a programme of group exercise classes that support participants to exercise at a level suitable to their abilities.

The classes are suitable for people that have been referred with medical conditions including: COPD, Diabetes Type 1 & 2, Stroke, Parkinson's disease and MS. They are also suitable for those who have completed General Rehab and for older adults looking to take part in an exercise class.

The exercises performed within MAC classes are designed to help participants carry out daily activities more easily and hopefully make daily life more manageable.

**Class Description** – numbers may be capped so please book to ensure your space.

**Drop-in Session** – An open opportunity to speak to a MAC Instructor who will be available to help you complete your forms, get your MAC card set up, discuss relevant activities you can try or answer any questions or concerns you may have (No Need to Book).

**Gym Session** – Supervised gym session, a programme can be made up by an Instructor (No Need to Book)

**Circuit Class** – Full body gentle strengthening class with a Wellbeing Instructor (Book at Centre).

**Swimming Session** – Supervised swimming session with a Swimming Coach (Book at Centre).

**Aqua Therapy**- Mixture of aerobics & gentle exercises led by a Wellbeing Instructor (Book at Centre)

**Spin Cycle Class** – A spin exercise bike group class led by a Wellbeing Instructor (Book at Centre)

**MAC Card options**

As a MAC member you will be able to access the MAC supported activities and leisure centre mainstream activities at a reduced rate. You have the option of a paying as you go or taking out a direct debit membership, the rates of each are detailed below;

**MAC Pay As You Go Card** - £2.30 per activity session, renewed every 6 months.

**MAC Direct Debit Membership** - £20.80 per month for the first 6 months then £25.40 per month thereafter, gives unlimited access to all MAC activities and mainstream leisure centre activities.

**Centre Contact Details**

Danderhall Community Hub – 0131 444 9100

Loanhead Leisure Centre – 0131 444 9033

Lasswade Centre – 0131 271 4533

Newbattle Community Campus – 0131 561 6740

Newtongrange Leisure Centre – 0131 561 5325

Penicuik Leisure Centre – 01968 664 066

Gorebridge Leisure Centre: 01875 821739

**Midlothian Active Choices – 07785696029 (Mon –Fri) and or email: [mac@midlothian.gov.uk](mailto:mac@midlothian.gov.uk)**

Contact a Leisure Centre for an updated timetable, furthermore you can also join our private MAC Facebook page to receive any class and or timetable updates.