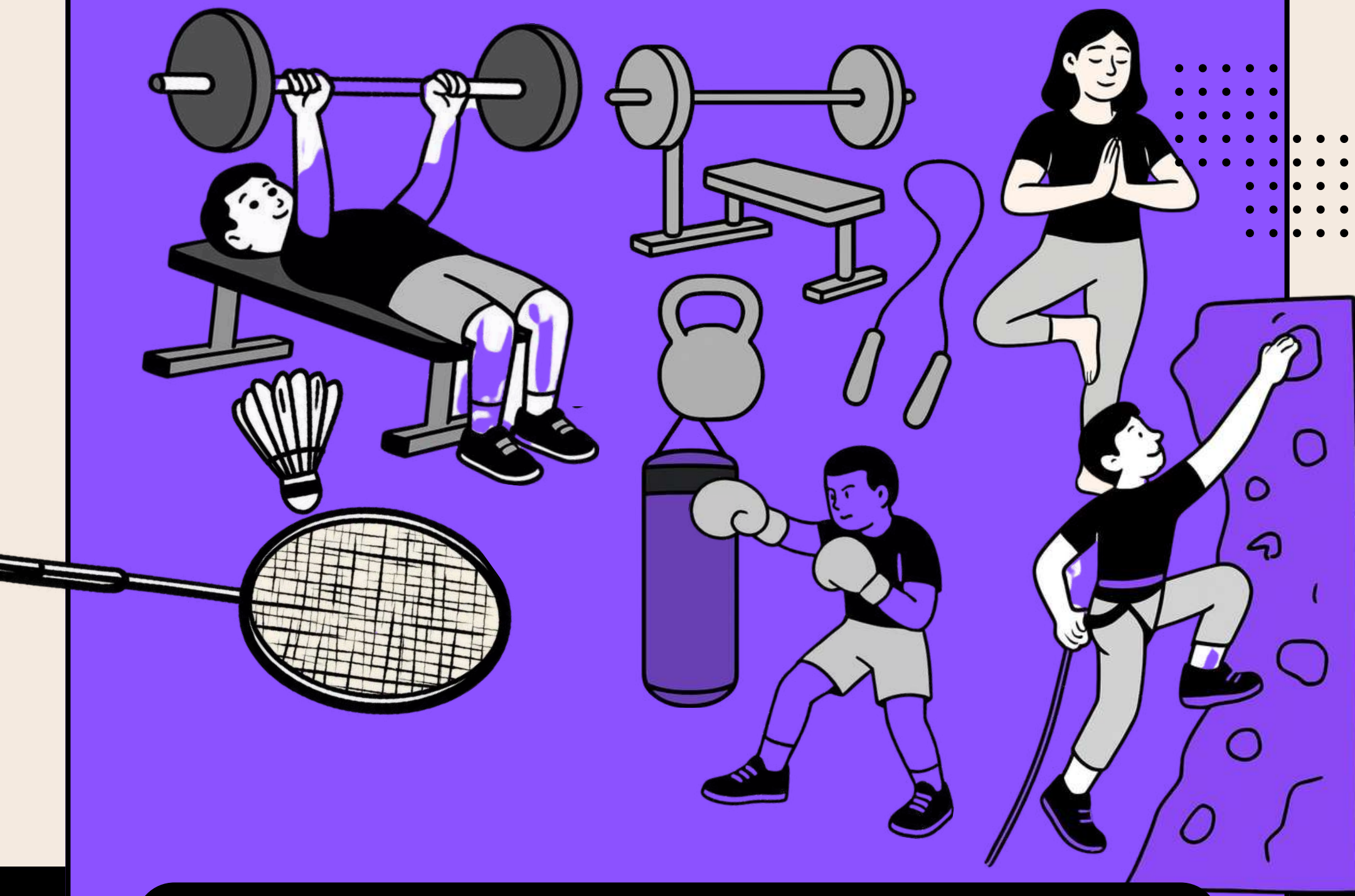
EXERCISING ENTERPRISES

GET IN SHAPE WITH SOCIAL ENTERPRISES!



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SOCIAL ENTERPRISES ACROSS EDINBURGH OFFERING BOXING, YOGA, GYMS, AERIAL DANCE & MORE!

ACCCESS PARKOUR

PARKOUR ISN'T ALL ABOUT ROOFTOPS OR RISKY STUNTS, IT'S ABOUT LEARNING TO MOVE WITH CONFIDENCE, SAFETY AND JOY.

FROM 60 MONTHS TO 60 YEARS, THEY CATER TO ALL AGES TO FIND SUCCESS, RESILIENCE AND SELF-DISCOVERY.

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INFO@ACCESS
PARKOUR.COM

PHONE :
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THE PITT, 20 WEST
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AERIAL ART HOUSE

AERIAL ART HOUSE OFFER CLASSES FOR ALL AGES INCLUDING AERIAL, POLE DANCE, 1 ON 1 SESSIONS, HANDSTAND TRAINING AND MORE.

ALONGSIDE THIS THEY OFFER CIRCUS ACT HIRE, STUDIO HIRE, EQUIPMENT HIRE, BIRTHDAY PARTIES & MORE.

CONTACT THEM ON
COMMUNITYCIRCUS@
AERIALARTHOUSE.COM

AERIAL ART HOUSE
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ROAD, EH6 7NY
EDINBURGH

ALL OR NOTHING

SCOTLAND'S PRINCIPAL AERIAL DANCE COMPANY CREATING, PERFORMING, TEACHING & PIONEERING AERIAL ARTS SINCE 2006.

A VARIETY OF AERIAL CLASSES FOR ADULTS, YOUNG PEOPLE & CHILDREN ACROSS SCOTLAND, THEIR MAIN PROGRAMME OF CLASSES RUN FROM OUT OF THE BLUE DRILL HALL IN LEITH

TO GET IN TOUCH
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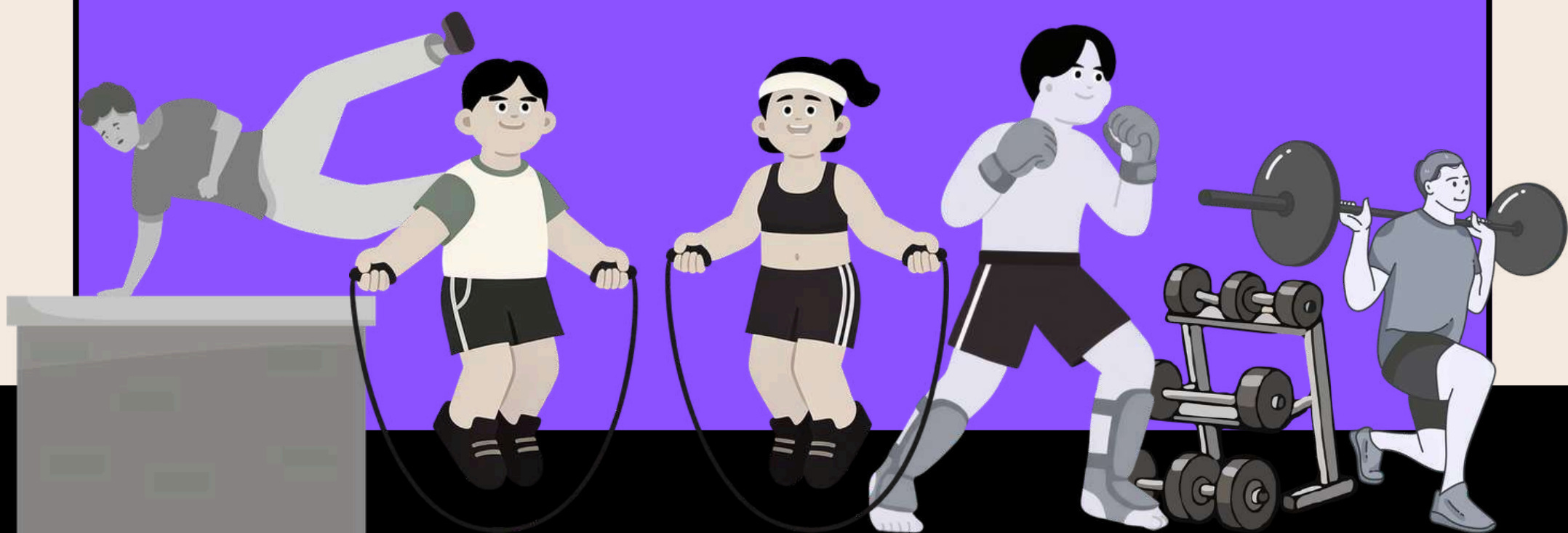
AERIALDANCE.CO.UK
PHONE: 07989978598

STUDIO G17, OUT
OF THE BLUE DRILL
HALL, 36 DALMENY
STREET, EH6 8RG



ART AND SPIRITUALITY

A COMMUNITY HUB IN GORGIE OFFERING CREATIVE ARTS, MOVEMENT & WELLBEING ACTIVITIES. PROGRAMMES INCLUDE PAINTING, DRAWING, YOGA, BREATHWORK, MEDITATION, COOKING, STORYTELLING & OUTDOOR EVENTS

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ART AND SPIRITUALITY
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AXE BOOM BOOM

CAPOEIRA IS A BRAZILIAN MARTIAL ART WHICH BLENDS FEATURES OF ACROBATICS, DANCE, FIGHTING, MOVEMENT, RHYTHM & MUSICAL EXPRESSION.

AXE BOOM BOOM BRING PEOPLE TOGETHER THROUGH MOVEMENT, RHYTHM & JOY

OFFERING CAPOEIRA & DJEMBE DRUMMING CLASSES, SESSIONS AND TEAM BUILDING DAYS

CONTACT
HELLO@AXE BOOMBOOM.ORG

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BLAST OFFER BOXING CLASSES AND SESSIONS IN THE NORTH OF EDINBURGH FOR ALL. FROM BOX N' BLETHER FOR BOXING & SOCIALISTING, BOXFIT, KIDS CLASSES, WOMEN'S ONLY CLASSES AND 1 ON 1'S. BLAST FOCUS ON USING BOXING TO IMPROVE MENTAL HEALTH.

CONTACT : BLASTBOXING EDINBURGH@GMAIL.COM

SESSIONS HELD TUES, THURS, FRI & SAT WEEKLY

REGISTERED AMATEUR BOXING GYM FOR COMPETITION

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THE BIKE STATION ENVISIONS A SCOTLAND WHERE CYCLING FOR PEOPLE AND THE PLANET IS THE NORM.

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0131 281 5419

473 GORGIE ROAD, EDINBURGH, EH11 3AD

141 LAURISTON PLACE, EDINBURGH, EH3 9JN

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EH8 9RY

CONTACT
ADMIN@CRAGS EDINBURGH.COM

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OFFERING COURSES, CLASSES AND COMPETITIONS FOR ALL THINGS FENCING! HOLDING CLASSES IN SOUTHSIDE AND LEITH.

FOR MORE INFO CONTACT

HELLO@DUNEDIN FENCINGCLUB.CO.UK

07854 608497

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PLAY FUN SOCIAL GAMES, COMPETITIVE LADDERS AND PERFORMANCE TRAINING & MATCHPLAY. ALL PLAYERS ARE WELCOME WITH NO EXPERIENCE REQUIRED, WITH 1000+ WEEKLY PLAYERS & 64 WEEKLY SESSIONS.

OFFERING CLASSES AT MARY ERSKINE, CRAGS CENTRE, ST. GEORGES, HERIOTS, EDIN COLLEGE SIGHTHILL, EDINBURGH ACADEMY & TRINITY.

CONTACT : HELLO@EDINBURGHBADMINTONACADEMY.CO.UK

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A COMMUNITY RUN INITIATIVE TO MAKE STRENGTH TRAINING ACCESSIBLE TO ALL.

A GYM BASED IN MEADOWBANK WITH PT'S, COACHES AND MEMBERS TO HELP YOU SUCCEED IN YOUR GOALS & FEEL GREAT ABOUT EVERY SUCCESS.

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LOCATED AT
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EDINBURGH, EH7 6AE

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CONTACT : BOOKINGS@EDINBURGHWATERSPORTS.COM

0131 319 1820

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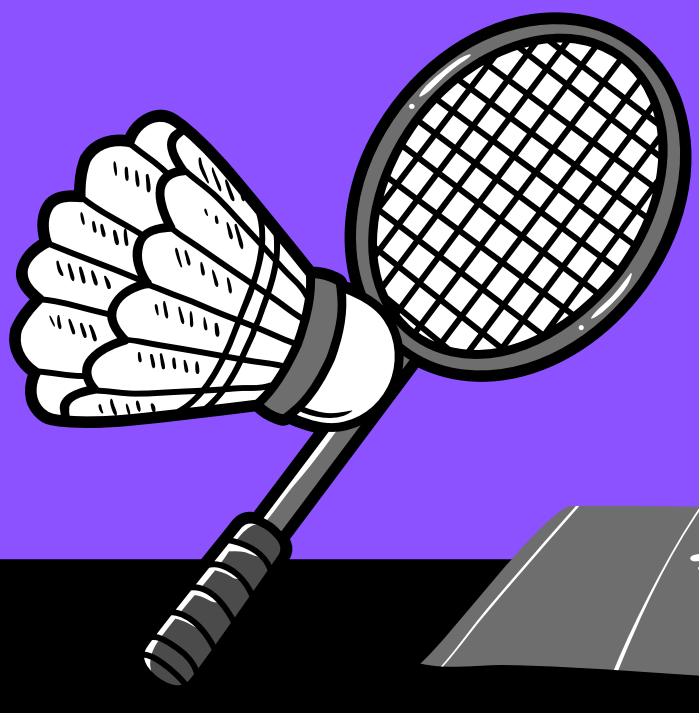
SHORE ROAD, SOUTH QUEENSFERRY, EH30 9SQ



EWP (EDINBURGH WHEELS PROJECT)

EWP DELIVERS COMMUNITY SKATEBOARDING AND RECREATIONAL FACILITIES WHILE SIMULTANEOUSLY PROVIDING BEST IN CLASS TRAINING FOR WORK PROGRAMS FOR YOUNG PEOPLE ACROSS EDINBURGH.

CONTACT THEM ON
INFO@EDINBURGH
WHEELS.CO.UK

OR GIVE THEM A CALL
ON 07515725548

EVOLUTION SWIM SCHOOL

HELPING SWIMMERS OF ALL AGES AND ABILITIES REACH THEIR FULL POTENTIAL. JOIN THEM FOR EXPERT INSTRUCTION AND A PASSION FOR SWIMMING, CLASSES OFFERED ACROSS EDINBURGH, FIFE & FALKIRK.

INFO@EVOLUTION
SWIMSCHOOL.CO.UK

07833 088975

CLASSES HELD AT ST
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PORTOBELLO HIGH,
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ROYAL HIGH SCHOOL

HEALTH BY SCIENCE

INTEGRATING PHYSIOTHERAPY, PERSONAL TRAINING, AND REHABILITATION TO HELP PEOPLE MOVE BETTER AND STAY STRONG FOR LIFE. OFFERING PHYSIOTHERAPY, PERSONAL TRAINING, SPORTS MASSAGE & MORE.

HELLO@HEALTH
BYSCIENCE.CO.UK

0131 210 0002

PERSONAL TRAINING
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PHYSIOTHERAPY - 100
GILES STREET, EH6 6BZ

MHOR OUTDOOR

MHOR OUTDOOR LEADS HIKES FOR GROUPS UP HILLS IN SCOTLAND. THEIR MISSION IS TO ALLOW EVERYONE IN SCOTLAND TO ACCESS AN OUTDOOR LIFESTYLE, FOR A HEALTHIER AND MORE EQUAL SOCIETY. ALONGSIDE WALKS FOR MARGINALISED GROUPS, THEY OFFER CORPORATE AWAY DAYS TO CONNECT OUTDOORS.

TO GET IN TOUCH CONTACT HELLO@MHOR OUTDOOR.COM

OUTDOOR WALKING EXPERIENCES OFFERED ACROSS SCOTLAND.

MY ADVENTURE

MY ADVENTURE OFFER FUN AND HIGH QUALITY CANYONING, COASTEERING, MOUNTAIN BIKING AND OTHER OUTDOOR ADVENTURE ACTIVITIES IN EDINBURGH AND ACROSS SCOTLAND

CATERING TO STAG & HEN PARTIES, SCHOOLS AND AWAY DAYS FOR TEAMS.

CONTACT : INFO@MY ADVENTURE.ORG.UK

0131 629 3065

23 WEST HARBOUR ROAD, GRANTON, EDINBURGH, EH5 1PN

NORTH MERCHISTON CLUB

OPENING IN 1921, THE NORTH MERCHISTON CLUB HAS A GYM, FOOTBALL AND TABLE TENNIS CLUBS AND CLOSE TO 30 ACTIVITIES FOR YOUR PHYSICAL AND MENTAL WELLBEINGN INCLUDING PILATES, NUNCHAKU, AIKIDO, BELLY DANCING, KENDO, KRAV MAGA, TANGO, YOGA, TAP AND SWING CLASSES & MORE!

CONTACT : INFO@NORTH MERCHISTON.CO.UK

0131 622 1757

48 WATSON CRESCENT, EDINBURGH, EH11 1EP

QUEER YOGA EDINBURGH

A COMMUNITY OF YOGA TEACHERS OFFERING CLASSES FOR LGBTQ+ PEOPLE TO PRACTICE MORE ACCESSIBLE YOGA IN A GROUP SETTING. OFFERING WEEKLY CLASSES ACROSS EDINBURGH, AS WELL AS CORPORATE & PRIVATE SESSIONS

CONTACT : QUEERYOGA EDINBURGH@GMAIL.COM

CLASSES HELD AT SALISBURY CENTRE, LILA YOGA, THE YOGA SHALA, DUNCAN PLACE & YELLOW BAMBOO YOGA

RECALIBRATE TOGETHER CIC

RECALIBRATE TOGETHER EXPLORES YOGA, QIGONG, MEDITATION, BREATHWORK, NUTRITION, AND MINDFUL LIVING AS TOOLS FOR RESTORING BALANCE IN MODERN LIFE.

CONTACT :

MARK@ INSIDE-TO-OUTSIDE.CO.UK

07484 892203

SPARTANS COMMUNITY FOUNDATION

SPARTANS ARE ALL ABOUT FOOTBALL IN THE NORTH OF EDINBURGH.

OFFERING A RANGE OF ACTIVITIES INCLUDING YOUTH FOOTBALL, YOGA, PILATES, WOMEN'S FOOTBALL FITNESS, WALKING FOOTBALL, SPORTING MEMORIES & PARA-FOOTBALL. THEY ALSO HIRE OUT PITCHES & SPACES TO OTHERS.

INFO@ SPARTANSCF.COM

0131 552 7854

SPARTANS COMMUNITY FOUNDATION, 94 PILTON DRIVE, EH5 2HF

SPORTS PATH WAY GROUP

ACTIVELY INVOLVING OVER 30,000 INDIVIDUALS ANNUALLY. ENCOMPASSING VARIOUS INITIATIVES, INCLUDING HOSTING THE UK'S LARGEST YOUTH FOOTBALL EVENT, THE EDINBURGH INTERNATIONAL CUP.

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INFO@SPORTS PATHWAY GROUP.COM

BY PHONE :
0131 203 3032

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PROVIDING EDINBURGHS HOMELESS & VULNERABLY HOUSED POPULATION WITH A FREE WEEKLY STRUCTURED PROGRAMME OF HEALTH FITNESS AND SOCIAL ACTIVITIES TO IMPROVE MENTAL AND PHYSICAL HEALTH & WELLBEING.

GET IN TOUCH :
MICHELLE.REILLY @STREETFIT SCOTLAND.ORG

077496 691911

19 SOUTH CLERK STREET, EH8 9JD

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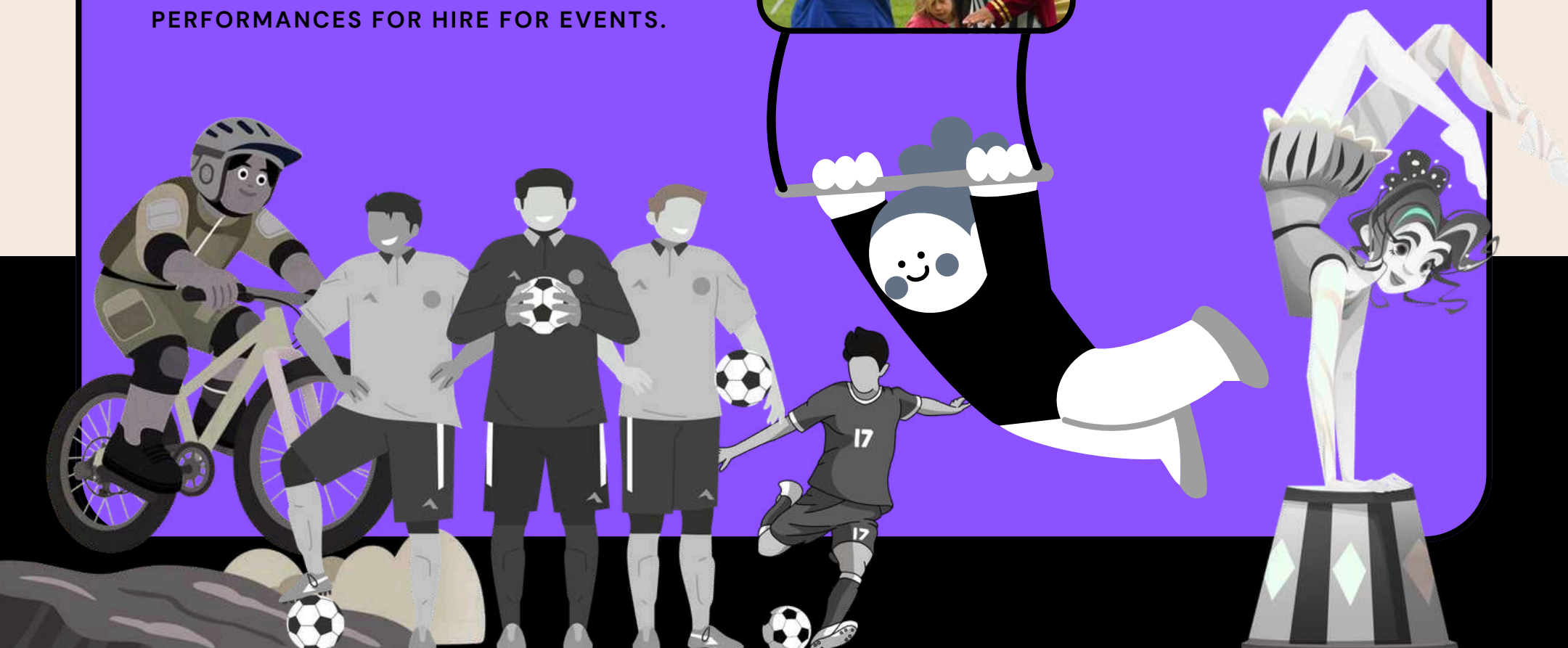
GET IN TOUCH WITH THINK CIRCUS AT :

HI@THINK CIRCUS.CO.UK

0131 212 5025



VENTURING OUT

VENTURING OUT IS EAST LOTHIAN'S PREMIER OUTDOOR ACTIVITIES PROVIDER OFFERING ADVENTURES FOR ALL. FROM HOLIDAY ACTIVITIES FOR THE KIDS, A COASTAL JOURNEY ON PADDLEBOARDS, INDIVIDUAL ADVENTURES, BIRTHDAYS, A STAFF TEAM AWAY DAY OR A PRIVATE PARTY, THEY OFFER IT ALL!

ENQUIRIES@VENTURINGOUT.ORG.UK

TEL: 01875440247

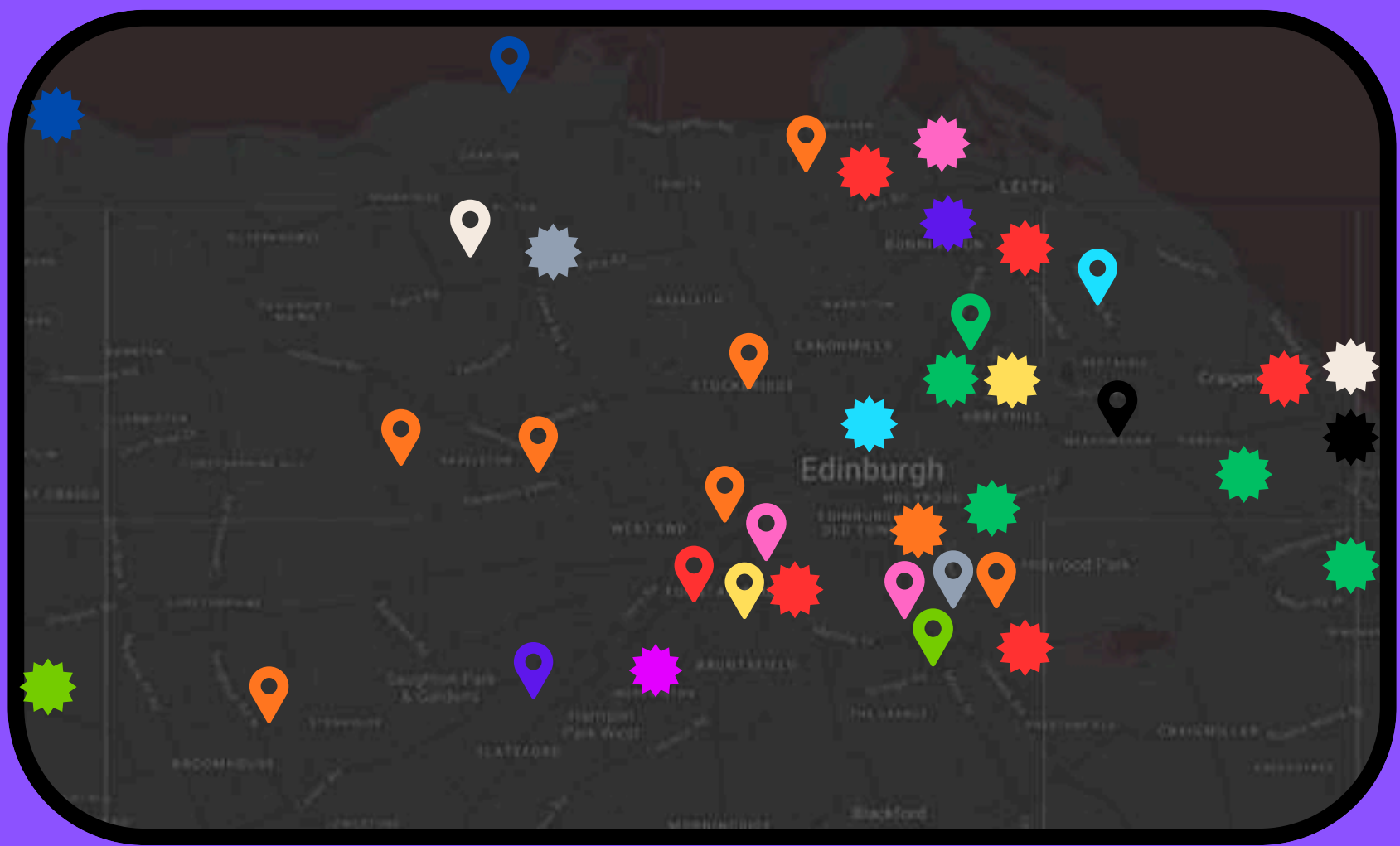
MOB: 07980000587

WOULD YOU LIKE TO FIND OUT MORE ABOUT SOCIAL ENTERPRISE?

SOCIAL ENTERPRISE DIRECTORY

CLICK ON THE IMAGE

IF YOU'D LIKE TO FIND MORE SOCIAL ENTERPRISES IN EDINBURGH, VISIT OUR DIRECTORY WITH OVER 250+ SOCIALLY MINDED BUSINESSES WORKING IN THEIR COMMUNITY.



MAP LEGEND

- ACCESS PARKOUR
- AERIAL ART HOUSE
- ALL OR NOTHING
- ART AND SPIRITUALITY
- AXE BOOM BOOM
- BLAST BOXING
- THE BIKE STATION
- THE CRAGS CENTRE
- DUNEDIN FENCING CLUB
- EDINBURGH BADMINGTON ACADEMY
- EDINBURGH STRENGTH
- EDINBURGH WATERSPORTS
- EWP
- EVOLUTION SWIM SCHOOL
- HEALTH BY SCIENCE
- QUEER YOGA EDINBURGH
- MHOR OUTDOOR
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- THINK CIRCUS
- VENTURING OUT

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