



fitandhappy Bootcamp

ALL WOMEN, ALL WEATHER



[EDINBURGH BOOT CAMPS](#)



fitandhappy.co.uk

ABOUT BOOT CAMP

The fitandhappy boot camp for women will help you get fit, lose weight, find your core or just make exercise fun again.

It is supportive, friendly and welcomes women of all ages, shapes, sizes and fitness levels.

BOOT CAMP LOCATIONS

FITANDHAPPY BOOT CAMPS CAN BE FOUND IN PARKS THROUGHOUT EDINBURGH

THE MEADOWS

Our 1st and ever popular boot camp is in the Meadows. We are there every morning from Monday - Saturday and Tuesday and Thursday evenings.

VICTORIA PARK

A popular park in North Edinburgh, it is convenient for people living Leith, Newhaven, Wardie, Inverleith, and Trinity. Currently, our classes run on Thursday evenings and Saturday mornings.

RAVELSTON PARK

Our popular Blackhall Boot Camp is held at Ravelston Park on Craigcrook Road, close to Blackhall Primary school and Mary Erskine school. We run classes on Thursday and Saturday mornings and Monday evenings.

BOOT CAMP LOCATIONS

SPYLAW PARK

This lovely park in Colinton is convenient for people living in Colinton, Bonaly and Juniper Green. Our classes here are held on Monday and Friday mornings.

INVERLEITH PARK

Our Inverleith Park Boot Camp is held close to the tennis courts and Arboretum Place. We have classes on Monday mornings and Wednesday evenings.

ROSEFIELD PARK

Our Portobello boot camp is held in Rosefield Park near the basketball court. Currently our classes are held on Monday and Thursday mornings.



BOOT CAMP REVIEWS

GOOGLE REVIEWS

Love fit and happy - friendly supportive coaches and love the fact it's women only, and outdoors. Made me the fittest I've ever been and great fun.

I've never been a lover of exercise but I love love love Julia's bootcamp! I definitely feel stronger for it, I've met some lovely people and I've been going for over a year now consistently. 100% recommend!

Never done anything like this before, am a little overweight and outta condition, but no fear, everyone is welcome! I was a little nervous to sign up but so glad I now have...wish I'd done it sooner!



CONTACT DETAILS

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