



complete health borders

YOUR WELLNESS CENTRE IN THE HEART OF THE SCOTTISH BORDERS
36 GALA PARK GALASHIELS TD1 1EU

current health and fitness classes

MONDAYS

09.15 - 09.45 Morning Fitness

Gail Traynor, m: 07979 913526

10.00 - 12.00

MS Society Yoga Group
(Fortnightly)

12.30 - 13.15 Ashtanga Express

Shelagh Wallace, m: 07931 212198

17.30 Pilates

Ian Ferguson, m: 07929 618936

19.00 - 20.30 Kundalini Yoga

Pia Khalsa, m: 07575 756765

TUESDAYS

10.00 Adult Yoga

Jane Russell, t: 01896 754278

12.30 Swiss Ball

Callie Johnston, m: 07636 773177

17.30 Pilates

Ian Ferguson, m: 07929 618936

19.00 Ashtanga-based Yoga

Shelagh Wallace, m: 07931 212198

WEDNESDAY

09.15 - 09.45 Cardio, Strength & Tone

Gail Traynor, m: 07979 913526

10.00 - 10.45 Bring Baby Workout

Gail Traynor, m: 07979 913526

12.30 Fitness Yoga

Jayson Shaw, m: 07702 282384

16.30 - 7.15 Fit Mums

Lisa Graham, m: 07867 492707

17.40 - 18.30 Female Boexercise

Callie Johnston, m: 07436 773177

19.30 Adult Yoga

Andrea Duffin, m: 07735 200362

THURSDAYS

15.45 Forest Yogis (age 5-8)

16.45 Youth Yogis (age 9+)

18.30 Gentle Adult Yoga

Andrea Duffin, m: 07735 200362

FRIDAYS

11.00 Bums and Tums

Norrie Smith, m: 07986 914206

12.30 Fitness Yoga

Jayson Shaw, m: 07702 282384

16.15 Swiss Ball

17.15 Kettle Bells

18.05 Express Core

all with Callie Johnston, m: 07636 773177

SATURDAYS

09.30 Pregnancy Yoga

Caroline Spence, m: 07958 668135

10.45 Beginners Yoga

Shelagh Wallace, m: 07931 212198

T: 07856 263537 or E: info@completehealthborders.co.uk