

Course details

Course title

Fitness and Exercise: Seated Aerobics

Course code

Q00016945

Course date

Start: 03/09/24

End: 08/10/24

Number of classes

6 sessions

Timetable

Tue 3rd Sep, 10:00 to 11:30

Tue 10th Sep, 10:00 to 11:30

Tue 17th Sep, 10:00 to 11:30

Tue 24th Sep, 10:00 to 11:30

Tue 1st Oct, 10:00 to 11:30

Tue 8th Oct, 10:00 to 11:30

Tutor

Guest Speaker

Fee range

Free to £37.80

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Belmont Court
6 Glen Road
Bournemouth
BH14 OHF

Level of study

Beginners

Course overview

Get Moving and Feel Empowered! It is said that sitting for long, uninterrupted periods of time may leave you more prone to cardiovascular problems. So come along to this Seated Aerobics course to get those limbs moving, and those hearts pumping!

Course description

In this 6-week seated aerobics course, you'll experience the benefits of exercise in a comfortable and supportive environment. This low-impact, chair-based program is specifically designed for individuals who may have mobility limitations or prefer a seated workout. Our expert instructor will guide you through a series of exercises that will get your heart rate up, improve your flexibility, balance, and strength, all while seated in a chair.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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