



## Course details

### Course title

Fitness and Exercise: Seated Aerobics

### Course code

Q00016948

### Course date

Start: 07/01/25

End: 11/02/25

### Number of classes

6 sessions

### Timetable

Tue 7th Jan, 10:00 to 11:30

Tue 14th Jan, 10:00 to 11:30

Tue 21st Jan, 10:00 to 11:30

Tue 28th Jan, 10:00 to 11:30

Tue 4th Feb, 10:00 to 11:30

Tue 11th Feb, 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**

Ralph Jessop Court  
Wyvern Close,  
Parkstone  
Dorset  
BH12 4HE

## **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! 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.

## **Course description**

Each class will begin with a warm-up session to get you moving and ready to go. You'll then participate in a variety of exercises that target different muscle groups, including cardio, strength training, and flexibility exercises. These exercises are designed to be modified to suit your individual needs and abilities, so you'll never feel overwhelmed or uncomfortable.

Throughout the course, you'll also learn proper breathing techniques and relaxation methods to help manage stress and reduce fatigue. Our goal is not only to get you moving, but also to help you feel more energized and empowered throughout your day.

By the end of our 6-week program, you can expect to see improvements in:

Cardiovascular endurance

Strength and flexibility

Balance and coordination

Overall physical function and mobility

Reduced stress and improved mood

Join us for this supportive and engaging program, where we'll work together to achieve your fitness goals and improve your overall well-being. No prior experience necessary - just a willingness to get moving and have fun!

All sessions are run by highly qualified tutors, and the Virtual Learning Environment; Canvas is available to you if you feel you want to find out more about chair aerobics and other chair exercises. With all WEA courses you will also get access to Office 365, which includes an email address.

## **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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