

## Course details

**Course title**

Fitness and Exercise: Get Up and Dance

**Course code**

Q00010895

**Course date**

Start: 10/09/24

End: 10/12/24

**Number of classes**

13 sessions

**Timetable**

Tue 10th Sep, 9:30 to 10:30  
Tue 17th Sep, 9:30 to 10:30  
Tue 24th Sep, 9:30 to 10:30  
Tue 1st Oct, 9:30 to 10:30  
Tue 8th Oct, 9:30 to 10:30  
Tue 15th Oct, 9:30 to 10:30  
Tue 22nd Oct, 9:30 to 10:30  
Tue 5th Nov, 9:30 to 10:30  
Tue 12th Nov, 9:30 to 10:30  
Tue 19th Nov, 9:30 to 10:30  
Tue 26th Nov, 9:30 to 10:30  
Tue 3rd Dec, 9:30 to 10:30  
Tue 10th Dec, 9:30 to 10:30

**Tutor**

Suzanne Swain

**Fee range**

Free to £48.10

## **How you'll learn**

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

## **Venue**

Online

## **Level of study**

Beginners

## **Course overview**

A fun and friendly online exercise class to get you up and ready for the day ahead. Blow away the cobwebs with a workout to your favourite feel good music; a great mixture of oldies and new songs too. Join in with a gentle warm up, then an all over workout based on dance moves and finish with a relaxing cool down and stretch. All ages and abilities are welcome. Join in at your own pace.

## **Course description**

An exercise class based on dance moves to give you a full body workout.

Suitable for all ages and abilities.

You are welcome to join in whilst seated if you need to.

You will start with a gentle warm up to wake up your muscles.

The instructor will demonstrate everything and explain each move as you go.

Join in easy to follow routines to get yourself moving, improve your coordination, increase your flexibility and lift your mood.

High impact and low impact options for every dance.

Choose simple moves or more challenging choreography.

Work at your own pace and feel free to sing along.

Dance along to a great range of music, new releases; golden oldies and firm favourites.

Enjoy an end of lesson cool down, stretch and relaxation.

Please wear loose comfortable clothing and flat shoes, eg trainers and don't forget a drink of water.

Come join in the fun and get your day off to a great start!

## **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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