

Course details

Course title

Fitness and Exercise: Dance Fitness

Course code

Q00010897

Course date

Start: 11/09/24

End: 11/12/24

Number of classes

13 sessions

Timetable

Wed 11th Sep, 9:30 to 10:30

Wed 18th Sep, 9:30 to 10:30

Wed 25th Sep, 9:30 to 10:30

Wed 2nd Oct, 9:30 to 10:30

Wed 9th Oct, 9:30 to 10:30

Wed 16th Oct, 9:30 to 10:30

Wed 23rd Oct, 9:30 to 10:30

Wed 6th Nov, 9:30 to 10:30

Wed 13th Nov, 9:30 to 10:30

Wed 20th Nov, 9:30 to 10:30

Wed 27th Nov, 9:30 to 10:30

Wed 4th Dec, 9:30 to 10:30

Wed 11th 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 on line exercise class to get you dancing around the room and set you up 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 and you are welcome to join in whilst seated if you need to.

We start with a gentle warm up to wake up your muscles and 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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