



## Course details

### Course title

Fitness and Exercise: Walk, Cycle and Move

### Course code

Q00017812

### Course date

Start: 24/04/25

End: 22/05/25

### Number of classes

5 sessions

### Timetable

Wed 23rd Apr, 13:15 to 15:30

Wed 30th Apr, 13:15 to 15:30

Wed 7th May, 13:15 to 15:30

Wed 14th May, 13:15 to 15:30

Wed 21st May, 13:15 to 15:30

### Tutor

Matt Doolan

### Fee range

Free to £47.25

### 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

Rector's Way Allotments (Weston-super-Ma  
Rectors Way  
Weston-super-Mare  
BS23 3NP

## Level of study

Beginners

## Course overview

Get active and improve your fitness with our Fitness and Exercise: Walk, Cycle and Move course. Learn how to incorporate walking, cycling, and other forms of movement into your daily routine for better health and well-being. Ideal for individuals looking to stay active and improve their overall fitness.

## Course description

Fitness and Exercise: Walk, Cycle and Move is designed to help participants integrate more physical activity into their daily lives through walking, cycling, and other forms of movement. This course covers the benefits of regular physical activity, including improved cardiovascular health, increased energy levels, and enhanced mental well-being. Participants will learn practical tips for incorporating movement into their routine, whether through short walks, bike rides, or other activities that fit their lifestyle. The course includes guided sessions, group activities, and personalized advice to help participants set and achieve their fitness goals. By the end of the course, participants will have developed a sustainable exercise routine that supports their health and well-being. This course is ideal for individuals of all fitness levels who want to stay active and improve their overall health.

## 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.

**Source URL:** <https://www.wea.org.uk/courses/skills-life/health-wellbeing/24-april-fitness-and-exercise-walk-cycle-and-move>