



## Course details

### Course title

Fitness and Exercise: Movement and Music

### Course code

Q00010881

### Course date

Start: 05/07/25

End: 03/07/26

### Number of classes

4 sessions

### Timetable

Fri 4th Jul, 10:00 to 11:30

Fri 11th Jul, 10:00 to 11:30

Fri 18th Jul, 10:00 to 11:30

Fri 25th Jul, 10:00 to 11:30

### Tutor

Fiona James

### Fee range

Free to £81.90

### 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

Chestnuts (Bognor Regis)  
London Road  
Bognor Regis  
PO21 1AZ

## **Level of study**

Beginners

## **Course overview**

Discover the wonders of your body as you'll get the chance to learn about its functions and capabilities. Embrace the joy of dance tailored to each individual, catering to personal needs and preferences. Unleash the power of movement and music on this course whilst having fun along the way.

## **Course description**

Experience the joy of dancing to various music styles, whilst fostering new friendships, and staying fit all at the same time. As you move and groove, you'll also be taking proactive steps towards maintaining a fit and healthy lifestyle.

Our experienced tutor will be your guide throughout the course, demonstrating new techniques and moves with different music, ensuring a vibrant and engaging learning experience.

In addition to dancing, we'll explore the holistic benefits of Yoga and how this ancient practice promotes mental health, inner tranquility, and a harmonious mind-body connection.

If this course sounds like the perfect fit for you, don't hesitate. Apply now, and all you need to bring is yourself, some water to stay refreshed, and a radiant smile to light up the dance floor.

## **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/5-july-fitness-and-exercise-movement-and-music>