



Course details

Course title

Fitness and Exercise: Dance for wellbeing - a great way to start your day!

Course code

Q00020154

Course date

Start: 07/01/25

End: 01/04/25

Number of classes

12 sessions

Timetable

Tue 7th Jan, 9:30 to 10:30

Tue 14th Jan, 9:30 to 10:30

Tue 21st Jan, 9:30 to 10:30

Tue 28th Jan, 9:30 to 10:30

Tue 4th Feb, 9:30 to 10:30

Tue 11th Feb, 9:30 to 10:30

Tue 25th Feb, 9:30 to 10:30

Tue 4th Mar, 9:30 to 10:30

Tue 11th Mar, 9:30 to 10:30

Tue 18th Mar, 9:30 to 10:30

Tue 25th Mar, 9:30 to 10:30

Tue 1st Apr, 9:30 to 10:30

Tutor

Suzanne Swain

Fee range

Free to £44.40

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 dance workout to lift your spirits and set you up for the day.

Course description

Join in a workout to give you a boost for the day. The class starts with a warm up then dance based exercise to music to tone and strengthen your body, relieve stress and get you ready for the day ahead.

Work at your own pace with simple and challenging options and a wide range of music.

All abilities welcome.

New students welcome.

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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