



## Course details

### Course title

Fitness and Exercise: Wellness Wednesdays- Dance yourself fitter!

### Course code

Q00020157

### Course date

Start: 08/01/25

End: 02/04/25

### Number of classes

12 sessions

### Timetable

Wed 8th Jan, 9:30 to 10:30  
Wed 15th Jan, 9:30 to 10:30  
Wed 22nd Jan, 9:30 to 10:30  
Wed 29th Jan, 9:30 to 10:30  
Wed 5th Feb, 9:30 to 10:30  
Wed 12th Feb, 9:30 to 10:30  
Wed 26th Feb, 9:30 to 10:30  
Wed 5th Mar, 9:30 to 10:30  
Wed 12th Mar, 9:30 to 10:30  
Wed 19th Mar, 9:30 to 10:30  
Wed 26th Mar, 9:30 to 10:30  
Wed 2nd 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 improve your fitness, strengthen and tone your body, boost your mood and put a smile on your face.

## **Course description**

Join in a dance workout and improve your fitness while you are having fun. The class starts with a warm up then dance routines to a wide variety of music.

The routines will 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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