



Gentle Exercise to Music

What is the course about?

If you are looking to improve your fitness but haven't exercised for a while this fun course might be just right for you. Come and join in these gentle exercises to music (seated or standing) and start to feel the benefits of regular exercise.

What will I learn?

The benefits of exercise
How to warm up before commencing exercise and the importance of cooling down at the end.
The muscle groups that are used during the exercise.

Entry Requirements

None – just your enthusiasm!

What will I need to bring with me?

Comfortable clothing and trainers

How will I learn?

Through watching Tutor demonstrations and joining in

How will my learning be assessed?

The Tutor will observe you and give you guidance within the sessions

What qualifications will I get?

None

Are there any extra costs?

No

What can I do next?

You could move on to a range of exercise activities e.g. Aerobic/Keep Fit Exercise Sessions or Yoga