



## Course details

### Course title

Fitness and Exercise: Feel good Dance Fitness

### Course code

Q00020073

### Course date

Start: 23/04/25

End: 16/07/25

### Number of classes

12 sessions

### Timetable

Wed 23rd Apr, 9:30 to 10:30

Wed 30th Apr, 9:30 to 10:30

Wed 7th May, 9:30 to 10:30

Wed 14th May, 9:30 to 10:30

Wed 21st May, 9:30 to 10:30

Wed 4th Jun, 9:30 to 10:30

Wed 11th Jun, 9:30 to 10:30

Wed 18th Jun, 9:30 to 10:30

Wed 25th Jun, 9:30 to 10:30

Wed 2nd Jul, 9:30 to 10:30

Wed 9th Jul, 9:30 to 10:30

Wed 16th Jul, 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**

Give your mind and body a boost with this fun and friendly dance workout. You will join in dance routines to a wide variety of music, tone your body, improve strength and coordination and release endorphins to improve your mood and set you up for the day ahead.

## **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.

Each class finishes with a relaxing cool down.

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.

**Source URL:** <https://www.wea.org.uk/courses/arts-crafts/performing-arts/23-april-fitness-and-exercise-feel-good-dance-fitness>