



Dance Aerobics

WHY TAKE THIS COURSE?

This course is aimed at improving fitness by enjoying a dance aerobics class that is beneficial for health and also a fun activity that doesn't seem like exercise and will leave you feeling energised and good about yourself. This is a non accredited course but one that will increase your overall fitness and well being.

WHAT ARE THE KEY TOPICS IT WILL COVER?

Each week the dance aerobics class will cover different types of routines with great workout music which will help improve:- respiratory and cardiovascular fitness, physical and mental well being, weight control, better shape of body including abs. The class will include working legs, bums, tums and stretches to finish.

WHO WILL THE COURSE SUIT?

This course will suit anyone at any ability. The exercises or moves can be adapted to suit your fitness, with the instructor available for extra assistance. Two different levels will be demonstrated at the front of the class by the instructor before the exercise is carried out.

IS THERE A QUALIFICATION AT THE END OF THE COURSE?

No. There are no formal assessments but you will each be given an Individual Learning Plan on which you will find key objectives for the course. You will be asked if you have any of your own personal learning objectives and your tutor will try to accommodate these topics if at all possible. We will ask you to review your learning to make sure that everything on the course is meeting your expectations