GO! FITNESS CLASS

Other · Off Campus

PART-TIME INFORMATION

A course aimed at those aged over 65 to help improve health, wellbeing and fitness levels. Each class is varied and includes an element of strength, flexibility and balance. Students are encouraged to work at their own pace and exercises can be done seated or standing depending on ability levels.

Areas covered include:

- Strength
- Flexibility
- Balance
- Aerobic health

The tutor is a qualified Fitness Instructor and is passionate about helping older adults exercise whilst including fun activities in the classes.

Students comments about the class:

"Excellent and varied ..... Very good ..... Good pace"

IMPORTANT

Course information can change. Please use the QR code below for the current assessment arrangements, entry requirements and start dates.

FOR THE LATEST COURSE INFORMATION

Scan for assessment arrangements, learner support, confirmed start dates and how to apply.