KEEP FIT - DANCE

Other · Off Campus

PART-TIME INFORMATION

An exercise to music class incorporating mobilising, strengthening and stretching as well as co-ordination and rhythmic ability. Suitable for all age groups as adaptations are offered for all abilities.

The tutor is a highly qualified and experienced fitness instructor.

Students comments about the course:

"Great overall workout with a bit of everything - aerobics, dance and stretch."

"Hard work necessary, breathing and laughing essential!"

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.