

# EXERCISE & DANCE

## SOCIAL DANCING FOR BEGINNERS

Basic Standard Ballroom, Latin, Sequence and similar dancing for couples.

## SOCIAL DANCING FOR IMPROVERS

Technique and extra figures for couples who can do basic Ballroom and Latin dancing.

## INTRODUCTION TO SELF DEFENCE

Basic self defence for beginners. Course taught by a high ranking martial artist who is a holder of blackbelts in Jusitsu, Aikido, Karate and Judo. Loose clothing recommended.

## TAI CHI FOR BEGINNERS

Unique Chinese Form of relaxation and movement. Loose clothing recommended and thick socks/soft soled shoes. All ages and abilities welcome – especially beginners.

## STEP, SCULPT & PRE-SKI TRAINING

Warm up, stretch, step & tone, cool down and stretch. Optional use of step and/or other equipment such as dumbbells, bands. Pre-ski exercises are ideal for skiers, walkers, riders and cyclists as complementary training.

## ONE TO ONE BODY WORKSHOP

Group warm up, stretch and cool down. Individual exercises to realign, balance and strengthen your skeleton muscular system. Find your body's potential, whatever your lifestyle. With Jorrel who is a qualified practitioner. Suitable for all levels.

## FOCUS ON FITNESS

Core strength, balance and co-ordination.

## BADMINTON FOR BEGINNERS/IMPROVERS

Own badminton racket required.

## ARGENTINE TANGO

Learn to dance Argentine (the original) Tango.

## SALSA

Learn to dance the popular club dance Salsa.

## AUTUMN/SPRING WORKOUT

Great workout for anyone who wants to enjoy their leisure time more and make everyday physical chores easier. Particularly suitable course to help you prepare for the Parish Walk, hiking, skiing holidays and other leisure sports. Helps increase muscle, skeletal and core strength and improve balance. Cardio work suitable for different levels with a choice of low impact or high impact.

DAY	VENUE	COURSE CODE	COURSE TITLE	START DATE	TIME	LENGTH	TUTOR	FEE
Mon	UCM	ED705-AM	Social Dancing for Beginners	02/10/17	19.00 - 20.00	18 wks	Mr & Mrs Sibthorpe	£106
Mon	UCM	ED706-AM	Social Dancing for Improvers	02/10/17	20.00 - 21.00	18 wks	Mr & Mrs Sibthorpe	£106
Mon	SCOILL	EM536-AM	Introduction to Self Defence	02/10/17	19.30 - 20.30	10 wks	Mr F Newton	£59
Mon	PEEL	EP530-SM	Tai Chi for Beginners	08/01/18	19.30 - 21.00	10 wks	Mr F Newton	£88
Mon	RGS	ER130-AM	Badminton for Beginners/Improvers	25/09/17	19.30 - 21.30	8 wks	Mr G Harvey	£104
Mon	RGS	ER130-SM	Badminton for Beginners/Improvers	08/01/18	19.30 - 21.30	10 wks	Mr G Harvey	£127
Mon	FOX	EF560-AM	Step, Sculpt & Pre-Ski Training	02/10/17	18.30 - 20.00	9 wks	Miss F Bury	£79
Mon	FOX	EF560-SM	Step, Sculpt & Pre-Ski Training	08/01/18	18.30 - 20.00	9 wks	Miss F Bury	£79
Mon	FOX	EF556-AM	One to One Body Workshop	02/10/17	20.00 - 21.00	4 wks	Miss F Bury & Mr J Scarrett	£24
Tue	UCM	ED725-AT	Argentine Tango	03/10/17	19.00 - 20.00	18 wks	Mr & Mrs Sibthorpe	£106
Tue	UCM	ED724-AT	Salsa	03/10/17	20.00 - 21.00	18 wks	Mr & Mrs Sibthorpe	£106
Wed	FOX	EF503-AW	Focus on Fitness	04/10/17	18.30 - 20.00	9 wks	Miss F Bury	£79
Wed	FOX	EF503-SW	Focus on Fitness	10/01/18	18.30 - 20.00	9 wks	Miss F Bury	£79
Wed	FOX	EF556-AW	One to One Body Workshop	04/10/17	20.00 - 21.00	4 wks	Miss F Bury & Mr J Scarrett	£24
Thu	SCOILL	EM530-AX	Tai Chi for Beginners	05/10/17	19.30 - 21.00	10 wks	Mr F Newton	£88
Thu	CRHS	EC564-AX	Autumn Workout	05/10/17	18.30 - 20.00	9 wks	Miss F Bury	£79
Thu	CRHS	EC564-SX	Spring Workout	11/01/18	18.30 - 20.00	9 wks	Miss F Bury	£79