

# HEALTH & WELLBEING



## 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.

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Fee	Concessions
Mon	UCM	Q3462	Social Dancing for Beginners UCM AUTUMN	30/09/19	19.00 – 20.00	18 wks	£112	£56
Mon	UCM	Q3463	Social Dancing for Improvers UCM AUTUMN	30/09/19	20.00 – 21.00	18 wks	£112	£56

## EXERCISE

### BADMINTON FOR BEGINNERS/IMPROVERS

Own badminton racket required.

### AEROBICS, STEP & SCULPT

An energetic, upbeat aerobics class, using various equipment including a step and small hand weights, sure to get your body moving. A great workout for all levels of fitness enthusiasts, this class combines cardiovascular training and toning exercises, for a superior total body workout.

### METAFIT AND ABS

Short bursts of body weight exercises which guarantee a great workout. Low and high impact options. All fitness levels welcome. Please bring your own mat.

Day	Venue	Course Code	Course Title	Start Date	Time	Length	Fee	Concessions
Mon	RGS	Q3518	Badminton for Beginners/Improvers RGS AUTUMN	07/10/19	19.30 – 21.30	9 wks	£123	£71.50
Mon	RGS	Q3519	Badminton for Beginners/Improvers RGS SPRING	06/01/20	19.30 – 21.30	9 wks	£123	£71.50
Tue	UCM	Q3956	Aerobics, Step & Sculpt UCM AUTUMN <b>NEW</b>	01/10/19	18.30 – 19.30	18 wks	£130	£74
Wed	ST JOHNS	Q3957	Metafit and Abs ST JOHNS AUTUMN <b>NEW</b>	02/10/19	18.00 – 18.45	18 wks	£84	£42