

Aerobics for Wellbeing 1

About the Course

This 10-session aerobics course is designed to provide learners with a comprehensive introduction to aerobic exercise, incorporating a variety of movements, intensities, and styles. The course progressively builds from foundational movements to more complex aerobic routines, incorporating elements of strength, flexibility, coordination, and cardiovascular fitness. Each session aims to engage learners in a fun and dynamic learning activity while promoting overall health and well-being. This course is suitable for beginners.

Course Learning Outcomes

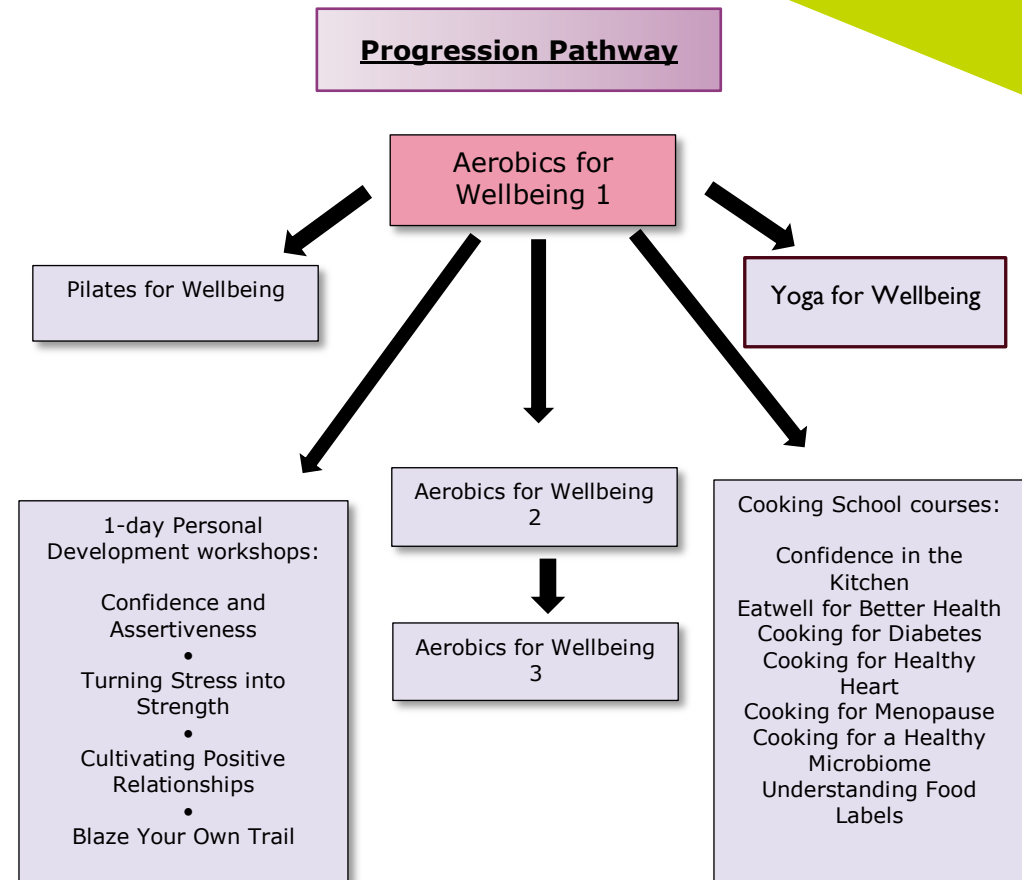
1. Perform range of basic aerobic moves
2. Evaluate the effects of aerobics exercise on your mood and energy

Please note: To successfully complete this course you must commit to 100% attendance and punctuality.

What is needed for the course?

- Wear comfortable clothing, and trainers that allows you to move freely.

If you need any additional support, please call us: 02085836000.



We can also provide you with information, advice and guidance for employment or further learning.

- ▶ Please speak with your tutor or
- ▶ Call 020 8583 6174 to speak to an advisor or
- ▶ Email work@hounslow.gov.uk or
- ▶ Visit www.workhounslow.co.uk