



# Courses for Adults

## COURSE INFORMATION 2017/2018

### EXERCISE TO MUSIC FOR OVER 60'S

Tutor	:	Eileen Taylor
Day	:	Wednesday
Time	:	3.00 – 4.00 pm
Starting	:	13 <sup>th</sup> September 2017 - Autumn Term 10 <sup>th</sup> January 2018 - Spring Term 18 <sup>th</sup> April 2018 - Summer Term
Length of Course	:	12 weeks Autumn Term.
Week One	:	<b>PLEASE REPORT TO METHODIST CHURCH</b>

### Level

Suitable for beginners or the more experienced alike.

### Content

Exercise to popular music in a fun and enjoyable way with a mixture of sitting and standing exercises. Improve or maintain your flexibility, strength and stamina. Only do as much or as little as you feel able to but the important element is that you enjoy yourself.

### Student Requirements

- a) Please complete the attached Screening Form and bring along to your first session
- b) Wear comfortable clothes and suitable foot wear, such as trainers.

### Personal Message From the Tutor

“Come and have fun, make new friends and improve your fitness levels.”