



Courses for Adults

COURSE INFORMATION 2019/2020

EXERCISE TO MUSIC FOR OVER 60'S

Tutor	:	Eileen Taylor
Day	:	Wednesday
Time	:	3.00 – 4.00 pm
Starting	:	11 th September 2019 - Autumn Term 08 th January 2020 - Spring Term 22 nd April 2020 - Summer Term
Length of Course	:	12 weeks
Venue:	:	Methodist Church, Bridge Street, Andover A change in venue may be necessary from January 2020 – July 2020. Please call for more information.
Week One	:	PLEASE REPORT TO METHODIST CHURCH

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

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.”