

FITNESS AND HEALTH: BALLET BARRE FITNESS - SUMMER

01. Who is this course for?

Ballet Barre Fitness: a series of different exercises demonstrated both on a barre, and on the floor, often on a mat, to aid flexibility and core strength. By the end of the course you should and will feel better physically and mentally and will feel more conditioned.

02. What will I learn?

Ballet Barre Fitness exercises the body in a balanced way, improving strength, core stability, flexibility, and bone density. It also reduces stress & improves your sense of wellbeing.

03. How will I learn?

You will feel it within yourself by how your body is adapting, however small. You will be able to see your progress using the mirrors in the studio. The tutor will also give feedback throughout the course. There will be some paperwork to support your learning journey so you can self evaluate your progress

04. What will I need to bring?

Comfortable non restrictive clothes to wear. An exercise mat. Bare feet or grip socks. Some hand weights (light between 1kg-2kg) optional

05. What skills or experience do I need?

No experience is necessary, just a willing to try and learn new skills.

08. How will I be supported in my learning?

Once you start, if you have further queries and/or support needs, please talk to the tutor. We also offer support to help people with learning difficulties and/or disabilities. If you have a disability, learning difficulty, health problem or mental health difficulty that may affect your learning or participation, please contact us for further advice.