



FITNESSWALES  
NWYFIANTCYMRU

# Chair-based Activities for Health



A one-day workshop for Fitness Instructors and/or Community Care Workers. This is an ideal workshop for those needing alternatives for specialist groups especially Exercise Referral Clients and Older Adults.

## Miskin Manor Hotel & Health Club CF72 8ND

**Sunday 4<sup>th</sup> July 2010**  
**11.00am – 5.00pm**



### Chair Aerobics – 4<sup>th</sup> July 2010

£45 Fitness Wales Members / £55 Non Members

#### Three Ways to Pay

- 1) To pay by debit/credit card please book online at [www.fitnesswales.co.uk/modules.asp](http://www.fitnesswales.co.uk/modules.asp)
- 2) Enclose a cheque/postal order made payable to Fitness Wales
- 3) By official purchase order

Name.....DOB.....

Address.....Post Code.....

Tel No. (home).....(work).....(mobile).....

Do you have any conditions or concerns we should know about e.g. Dyslexia, deafness, physical problems, mental health issues. If so please give details.....

.....

If you have health or Fitness Qualifications, please state what level and discipline.....

.....

I have read and understood the terms and conditions overleaf and wish to apply for a place on the above Course.

Signed.....Date.....

# Chair Aerobics

The workshop will introduce simple chair-based activities and show how to teach various exercises in a balanced, fun and motivational way. Each participant will receive supporting back up material.

The course covers:

- Session Structure & Settings
- The importance of good posture (seated posture)
- Ideas for activities for:-
  - warm ups
  - main activities
  - cool downs
- Guidelines for leading a session
- Ideas for progressing activities



## Terms and Conditions of Booking

Please read before signing the application form.

At the beginning of the training you must inform the tutor of any disability, injury or illness which might affect your participation. Fitness Wales operates an Equal Opportunities Policy.

Workshop fees are refundable up to 28 days prior to the commencement of the module less a £10 admin fee. However if Fitness Wales cancels the course/module you will receive a full refund.

It may be possible to transfer your application or issue you a credit note, this is at the discretion of Fitness Wales.

To process your application, your details will be entered onto a database. Your details will not be passed onto any third parties without your consent.

**Fitness Wales, 1B Clarke Street, Ely Bridge, Cardiff. CF5 5AL**  
**[www.fitnesswales.co.uk](http://www.fitnesswales.co.uk) / tel 029 20575155**