



FUNCTION FITNESS

A nationally recognised course which can count towards CPD.

The four hour course is to improve confidence and awareness of inclusive exercise.

It is designed to give you, and includes:

- Practical understanding of how mixed ability classes can be delivered. How both instructors and leisure providers benefit with ongoing inclusive classes on your group timetables.
- Covering how H.I.I.T and F.I.T.T relate to FUNction Fitness , and welcome to S.I.T.T.
- Looking at Inclusive exercise Vs Adaptive exercise.
- Confidence building with practical work and teaching throughout the day. Building inclusive tools, insights, support and exercises to start your own FUNction Fitness classes.

What to expect

Learning takes place through a mix of group discussions , workshop activities , teaching practice and examples for you. Places available for up to 15 people per course.

Everyone who completes the course can get:

- Quarterly inclusive updates and information to help support you, your classes and inclusive awareness.
- FUNction Fitness exercises, if selected, regularly updated for you to deliver. Plus FREE advertisement to support your class.
- Option for members to claim your 4 CPD points with CIMSPA.

Kind Regards
Wendy H

CIMSPA

PARTNER