

Mobility and Stability; how to improve your core strength

Adult

You will focus on building the fundamentals of strength in your core following on from the previous focus on legs, bums and tums. All welcome regardless of fitness level.



Scan the QR Code for full course description, assessment and progression options from this course

ENTRY REQUIREMENTS



LOCATION & NEXT START DATE(S)

Duchy College Stoke Climsland - 24 February 2026



LEVEL No Qualification	DURATION 9 weeks
ATTENDANCE Part-time	FEES Tuition Fees: £21.00

Fees apply to adults and HE students only. Only the most common fees scenario is shown. Actual fees may vary depending on your personal situation. Please contact us for further information. Courses listed on this website are indicative of the subject, nature and level of study. The College reserves the right to alter specific qualifications titles, awarding bodies and levels of qualification, which can change in year. Any cost may also vary, based on personal funding eligibility. The Cornwall College Group reserves the right to withdraw any course listed at any time.

Explore Our Courses & Apprenticeships

Join us for a campus tour, meet our dedicated team, and get all your questions answered. Scan the QR code to register for our next Open Event or Taster Day.



Find out more and
apply online

