



# Fitness, Health and Wellbeing



"It was a very good introduction to Hatha Yoga. My teacher, was very supportive, kind and helpful. I really enjoyed the course."

Yoga - Hatha for Women





## Fitness

### Learning to use Exercise to Stay Healthy and Fit

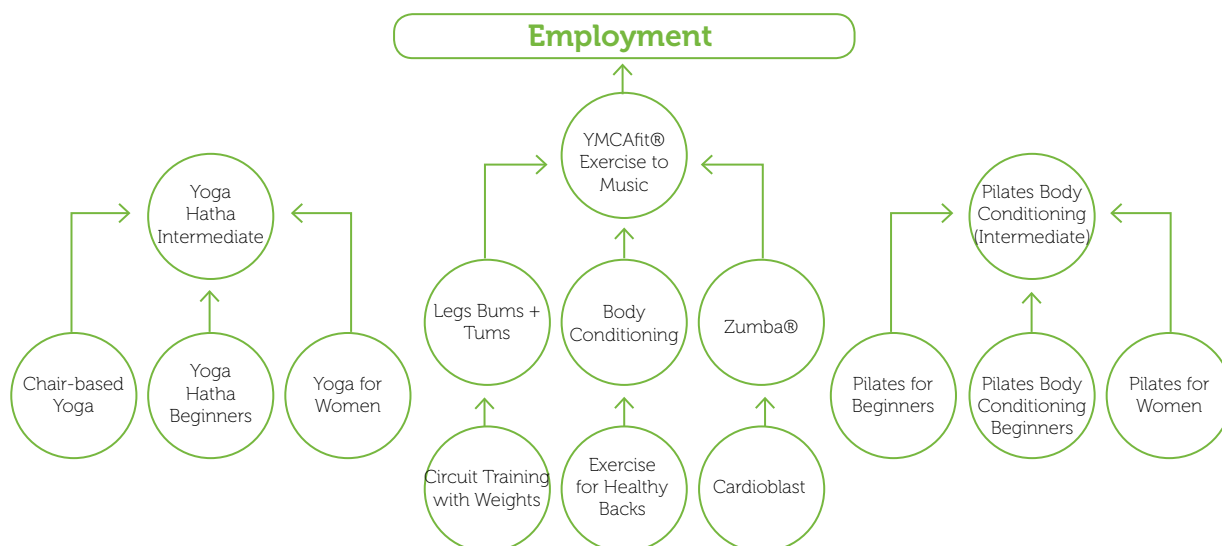
If you want to stay healthy and fit through exercise, then we have lots of classes for you ranging from Yoga, Pilates and Zumba®. You could also choose from Circuit Training, Cardioblast and Exercise for Healthy Backs.

Classes are tailored to meet your needs, grouped by ability and available for those with particular needs, including some single sex classes. We also offer swimming classes for mothers and children.

Some of our courses are:

- Circuit Training with Weights
- Legs, Bums and Tums
- Pilates
- Self Defence
- Tai Chi
- Yoga

## Progression Route Fitness



### Katie Wignall,

Walkie Talkie – Introduction to Guiding in Tower Hamlets

**Having lived in the area for a year I wanted to feel more in touch with both the history and the community in East London.**

'Walkie Talkie' appealed to me because it seemed to be a good introductory level for non-accredited guides like myself.

The course gave me a very good, broad understanding of the history of Tower Hamlets. We covered many aspects of guiding; what it means to be a good guide, how to create a great experience for your audience and what to avoid. These were all tips I found easy to put into practice. There was a good mix of history and practical skills.



**CASE STUDY**

Our group was very friendly and I felt unintimidated when giving presentations or asking questions. In the second part of the course we were required to work in groups and this was a very helpful exercise. The walks and trips outside of the classroom were also a huge bonus.

With thanks to the Walkie Talkie course I now run my own independent walking tour company. I am currently researching further London walks having put together a successful and well-received walk in Spitalfields. With the confidence gained from completing this course, I have also successfully applied onto a further guide training course in London, the prestigious Blue Badge Course.



Course Code	Day of Week	Timetable				Venue	Course Fees		
		Start Date	Start Time	No Weeks	Hrs Per Week		Full Fee	Concessionary	Band
<b>Fitness</b>									
<b>Body Conditioning for Women - All Levels</b>									
A2267	Friday	23 Sep 2016	11:00	10	1.00	SHC	£38	£13	2A
B1925	Friday	13 Jan 2017	11:00	10	1.00	SHC	£38	£13	2A
C1926	Friday	28 Apr 2017	11:00	10	1.00	SHC	£38	£13	2A
<b>Cardioblast - All Levels</b>									
A2532	Saturday	24 Sep 2016	10:00	10	1.00	SHC	£38	£13	2A
B2533	Saturday	14 Jan 2017	10:00	10	1.00	SHC	£38	£13	2A
C2534	Saturday	29 Apr 2017	10:00	10	1.00	SHC	£38	£13	2A
<b>Circuit Training with Weights - All Levels</b>									
A1921	Monday	19 Sep 2016	18:30	10	1.00	SHC	£38	£13	2A
B2268	Monday	09 Jan 2017	18:30	10	1.00	SHC	£38	£13	2A
C2269	Monday	24 Apr 2017	18:30	10	1.00	SHC	£38	£13	2A
<b>Exercise for Healthy Backs - All Levels</b>									
A2509	Tuesday	20 Sep 2016	18:30	10	1.00	SHC	£38	£13	2A
B2510	Tuesday	10 Jan 2017	18:30	10	1.00	SHC	£38	£13	2A
C2511	Tuesday	25 Apr 2017	18:30	10	1.00	SHC	£38	£13	2A
<b>Legs, Bums, Tums for Women - All Levels</b>									
A1918	Wednesday	21 Sep 2016	18:30	10	1.00	SHC	£38	£13	2A
B1919	Wednesday	11 Jan 2017	18:30	10	1.00	SHC	£38	£13	2A
C1920	Wednesday	26 Apr 2017	18:30	10	1.00	SHC	£38	£13	2A
A2299	Saturday	24 Sep 2016	11:00	10	1.00	SHC	£38	£13	2A
B2300	Saturday	14 Jan 2017	11:00	10	1.00	SHC	£38	£13	2A
C2202	Saturday	29 Apr 2017	11:00	10	1.00	SHC	£38	£13	2A
<b>Walkie Talkie - Introduction to Guiding in Tower Hamlets Part 1 - Beginners</b>									
A2439	Wednesday	21 Sep 2016	18:30	5	2.00	SHC	£38	£13	2A
<b>Walkie Talkie - Introduction to Guiding in Tower Hamlets Part 2 - Beginners</b>									
A2460	Wednesday	02 Nov 2016	18:30	5	2.00	SHC	£38	£13	2A
<b>Walkie Talkie - Introduction to Guiding in Tower Hamlets Part 3 - Improvers</b>									
C2535	Wednesday	26 Apr 2017	18:30	10	2.00	SHC	£75	£25	2A
<b>Zumba</b>									
A2283	Thursday	22 Sep 2016	18:30	10	1.00	SHC	£38	£13	2A
B2284	Thursday	12 Jan 2017	18:30	10	1.00	SHC	£38	£13	2A
C2285	Thursday	27 Apr 2017	18:30	10	1.00	SHC	£38	£13	2A







Course Code	Day of Week	Timetable					Course Fees		
		Start Date	Start Time	No Weeks	Hrs Per Week	Venue	Full Fee	Concessionary	Band

## Pilates

### Pilates Body Conditioning - Beginners

A3206	Monday	19 Sep 2016	18:00	10	1.50	SHC	£56	£19	2A
B2273	Monday	09 Jan 2017	18:00	10	1.50	SHC	£56	£19	2A
C1590	Monday	24 Apr 2017	18:00	10	1.50	SHC	£56	£19	2A

### Pilates Body Conditioning - Intermediate

A3207	Monday	19 Sep 2016	19:30	10	1.00	SHC	£38	£13	2A
B2253	Monday	09 Jan 2017	19:30	10	1.00	SHC	£38	£13	2A
C2259	Monday	24 Apr 2017	19:30	10	1.00	SHC	£38	£13	2A
A3296	Thursday	22 Sep 2016	10:00	10	1.50	ISW	£56	£19	2A
B2254	Thursday	12 Jan 2017	10:00	10	1.50	ISW	£56	£19	2A
C2255	Thursday	27 Apr 2017	10:00	10	1.50	ISW	£56	£19	2A

### Pilates Exercise - All Levels

A2470	Wednesday	21 Sep 2016	18:00	10	1.00	SHC	£38	£13	2A
B2471	Wednesday	11 Jan 2017	18:00	10	1.00	SHC	£38	£13	2A
C2472	Wednesday	26 Apr 2017	18:00	10	1.00	SHC	£38	£13	2A

### Pilates Exercise for Women - Beginners

A1510	Tuesday	20 Sep 2016	10:00	10	1.50	SHC	£56	£19	2A
B1550	Tuesday	10 Jan 2017	10:00	10	1.50	SHC	£56	£19	2A
C1587	Tuesday	25 Apr 2017	10:00	10	1.50	SHC	£56	£19	2A

## Tai Chi

### Get Started in Tai Chi (Yang Style) with Qi Gong - Beginners

A2270	Saturday	24 Sep 2016	11:30	10	1.50	ISW	£56	£19	2A
B2271	Saturday	14 Jan 2017	11:30	10	1.50	ISW	£56	£19	2A
C2272	Saturday	29 Apr 2017	11:30	10	1.50	ISW	£56	£19	2A

### Tai Chi (Yang Style) with Qi Gong - Intermediate

A2102	Saturday	24 Sep 2016	10:00	10	1.50	ISW	£56	£19	2A
B2103	Saturday	14 Jan 2017	10:00	10	1.50	ISW	£56	£19	2A
C2104	Saturday	29 Apr 2017	10:00	10	1.50	ISW	£56	£19	2A





Course Code	Day of Week	Timetable					Course Fees		
		Start Date	Start Time	No Weeks	Hrs Per Week	Venue	Full Fee	Concessionary	Band
<b>Self Defence</b>									
<b>Self Defence - All Levels</b>									
A2286	Saturday	24 Sep 2016	13:30	10	1.50	ISW	£56	£19	2A
B2498	Saturday	14 Jan 2017	13:30	10	1.50	ISW	£56	£19	2A
C2499	Saturday	29 Apr 2017	13:30	10	1.50	ISW	£56	£19	2A
<b>Yoga</b>									
<b>Chair-based Yoga - All Levels</b>									
A2111	Wednesday	21 Sep 2016	11:30	10	1.00	SHC	£38	£13	2A
B2112	Wednesday	11 Jan 2017	11:30	10	1.00	SHC	£38	£13	2A
C2113	Wednesday	26 Apr 2017	11:30	10	1.00	SHC	£38	£13	2A
<b>Lunchtime Yoga, Hatha - All Levels</b>									
A2293	Wednesday	21 Sep 2016	12:30	10	1.00	ISW	£38	£13	2A
B2205	Wednesday	11 Jan 2017	12:30	10	1.00	ISW	£38	£13	2A
C2206	Wednesday	26 Apr 2017	12:30	10	1.00	ISW	£38	£13	2A
<b>Yoga - Hatha - Beginners</b>									
A2093	Monday	19 Sep 2016	18:00	10	1.50	ISW	£56	£19	2A
B2094	Monday	09 Jan 2017	18:00	10	1.50	ISW	£56	£19	2A
C2095	Monday	24 Apr 2017	18:00	10	1.50	ISW	£56	£19	2A
A2114	Tuesday	20 Sep 2016	18:00	10	1.50	SHC	£56	£19	2A
B2252	Tuesday	10 Jan 2017	18:00	10	1.50	SHC	£56	£19	2A
C2122	Tuesday	25 Apr 2017	18:00	10	1.50	SHC	£56	£19	2A
<b>Yoga - Hatha - Intermediate</b>									
A2428	Monday	19 Sep 2016	19:45	10	1.00	ISW	£38	£13	2A
B2361	Monday	09 Jan 2017	19:45	10	1.00	ISW	£38	£13	2A
C2362	Monday	24 Apr 2017	19:45	10	1.00	ISW	£38	£13	2A
A2120	Tuesday	20 Sep 2016	19:45	10	1.00	SHC	£38	£13	2A
B2204	Tuesday	10 Jan 2017	19:45	10	1.00	SHC	£38	£13	2A
C2116	Tuesday	25 Apr 2017	19:45	10	1.00	SHC	£38	£13	2A
<b>Yoga - Hatha for Women - All Levels</b>									
A2117	Thursday	22 Sep 2016	10:00	10	1.50	SHC	£56	£19	2A
B2118	Thursday	12 Jan 2017	10:00	10	1.50	SHC	£56	£19	2A
C2119	Thursday	27 Apr 2017	10:00	10	1.50	SHC	£56	£19	2A
<b>Swimming classes - 1 course per academic year</b>									
<b>Mother and Baby Swimming 3-23 months (One Child Per Parent) - Beginners</b>									
A1888	Monday	3 Oct 2016	15:45	10	0.50	SHS	£19	£6	2A
B1889	Monday	9 Jan 2017	15:45	10	0.50	SHS	£19	£6	2A
C1890	Monday	24 Apr 2017	15:45	10	0.50	SHS	£19	£6	2A
<b>Mother and Child Swimming 2-4 years (One Child Per Parent) - Beginners</b>									
A1891	Monday	3rd Oct 2016	16:15	10	0.50	SHS	£19	£6	2A
B1892	Monday	9 Jan 2017	16:15	10	0.50	SHS	£19	£6	2A
C1893	Monday	24 Apr 2017	16:15	10	0.50	SHS	£19	£6	2A





# Health and Wellbeing

## Learn about Therapy and Health

Discover how to improve your sense of wellbeing and reduce stress through a range of introductory therapy courses including massage, Reiki and reflexology.

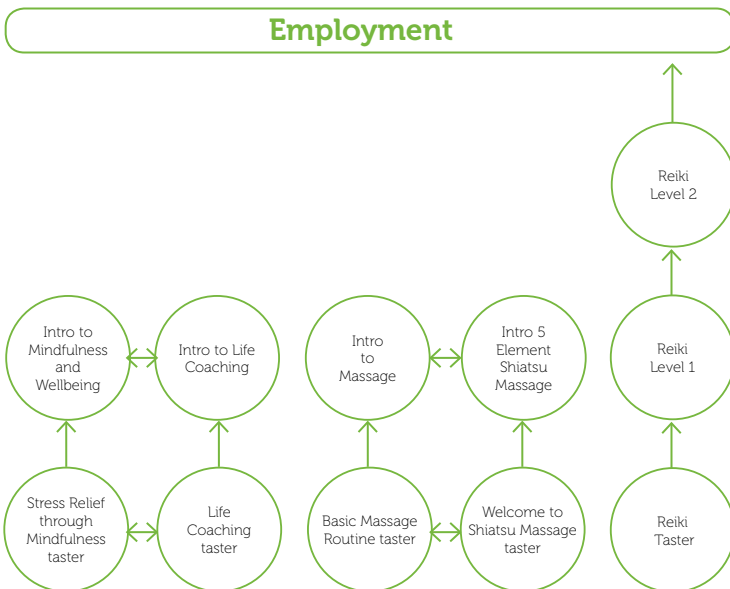
Some of our courses are:

- Introduction to Massage
- Introduction to Reflexology
- Introduction to 5 Element Shiatsu Massage
- Reiki Levels 1 and 2

We also offer short courses and weekend tasters in improving general wellbeing, including Life Coaching, Self-Esteem Enhancement, Stress Relief through Mindfulness and Creative Thinking.



## Progression Route Health and Wellbeing



### Elizabeta Hart

Reiki Level 1

I decided to enrol on Reiki Level 1 as I am a nurse and wanted to learn something new. The other reason was to help my little boy who has health problems and from my research I felt that Reiki would be helpful to use with him.

On the course I learned to meditate which I have never done before. I learned to heal myself and others. All in all my life has become more tranquil and relaxed.

Each week I looked forward to every class with my tutor as every lesson we learned something new. I cannot really say what I enjoyed the most as Reiki is just wonderful in many ways both for healing others or healing ourselves.

My plans are to progress onto Reiki level 2 and go further. I would like to thank my tutor for the amazing experience and opportunity she gave me learning Reiki.

Course Code	Day of Week	Timetable					Venue	Course Fees		
		Start Date	Start Time	No Weeks	Hrs Per Week	Full Fee		Concessionary	Band	
<b>Counselling and Personal Development</b>										
<b>Introduction to Life Coaching - Beginners</b>										
B2387	Wednesday	22 Feb 2017	18:30	5	2.50	ISW	£47	£16	2A	
<b>Introduction to Mindfulness and Wellbeing - Beginners</b>										
B2480	Saturday	25 Feb 2017	10:00	5	2.50	ISW	£47	£16	2A	
<b>Beginners to Mindfulness through Lunchtime</b>										
A2592	Thursday	03 Nov 2016	13:00	5	1.00	ISCW	£19	£6	2A	
<b>Introduction to Creative Thinking Skills - Beginners</b>										
C2404	Thursday	27 Apr 2017	18:30	5	2.50	ISW	£47	£16	2A	
<b>Massage</b>										
<b>Introduction to 5 Element Shiatsu Massage - Beginners</b>										
B2481	Saturday	25 Feb 2017	13:30	5	2.50	ISW	£47	£16	2A	
C2482	Saturday	10 Jun 2017	13:30	5	2.50	ISW	£47	£16	2A	
<b>Introduction to Massage - Beginners</b>										
A2374	Wednesday	02 Nov 2016	18:30	5	2.50	ISW	£47	£16	2A	
B2392	Wednesday	11 Jan 2017	18:30	5	2.50	ISW	£47	£16	2A	
<b>Reflexology</b>										
<b>Introduction to Reflexology - Beginners</b>										
B2369	Tuesday	10 Jan 2017	18:30	5	2.50	ISW	£47	£16	2A	
<b>Reiki</b>										
<b>Reiki - Level 1</b>										
A2170	Saturday	05 Nov 2016	10:00	5	3.00	SHC	£56	£19	2A	
<b>Reiki - Level 2</b>										
C2513	Saturday	29 Apr 2017	10:00	10	2.50	ISW	£94	£31	2A	



"I have learned how to relax through meditation."

Reiki - Level 1







Course Code	Day of Week	Timetable					Course Fees		
		Start Date	Start Time	No Weeks	Hrs Per Week	Venue	Full Fee	Concessionary	Band
<b>Weekend Tasters</b>									
<b>Aromatherapy - Beginners</b>									
A2475	Saturday	15 Oct 2016	10:00	1	3.00	ISW	£11	£4	2A
<b>Basic Massage Routine (Family and Friends - please enrol in pairs) - Beginners</b>									
A2048	Sunday	25 Sep 2016	11:30	1	3.00	ISW	£11	£4	2A
B2266	Sunday	05 Mar 2017	11:30	1	3.00	ISW	£11	£4	2A
<b>Life Coaching - Beginners</b>									
B2543	Saturday	28 Jan 2017	10:00	1	3.00	ISW	£11	£4	2A
<b>Creative Thinking - Beginners</b>									
B2477	Saturday	21 Jan 2017	10:00	1	3.00	ISW	£11	£4	2A
<b>Healthy Backs - Beginners</b>									
A2514	Saturday	01 Oct 2016	10:30	1	2.00	ISW	£8	£3	2A
<b>Indian Head Massage - Beginners</b>									
A2037	Sunday	09 Oct 2016	11:30	1	3.00	ISW	£11	£4	2A
B2262	Sunday	29 Jan 2017	11:30	1	3.00	ISW	£11	£4	2A
<b>Reflexology - Beginners</b>									
A2476	Saturday	22 Oct 2016	10:00	1	3.00	ISW	£11	£4	2A
<b>Reiki - Beginners</b>									
A2390	Saturday	29 Oct 2016	10:00	1	2.00	ISW	£8	£3	2A
<b>Self Esteem Enhancement (SEE) - Beginners</b>									
B2440	Saturday	14 Jan 2017	10:00	1	3.00	ISW	£11	£4	2A
<b>Stress Relief Through Mindfulness - Beginners</b>									
A2542	Saturday	08 Oct 2016	10:30	1	2.00	ISW	£8	£3	2A
B2479	Saturday	04 Feb 2017	10:30	1	2.00	ISW	£8	£3	2A
<b>Welcome to Shiatsu Massage - Beginners</b>									
B2198	Saturday	11 Feb 2017	13:30	1	3.00	ISW	£11	£4	2A
C2147	Saturday	29 Apr 2017	13:30	1	3.00	ISW	£11	£4	2A

