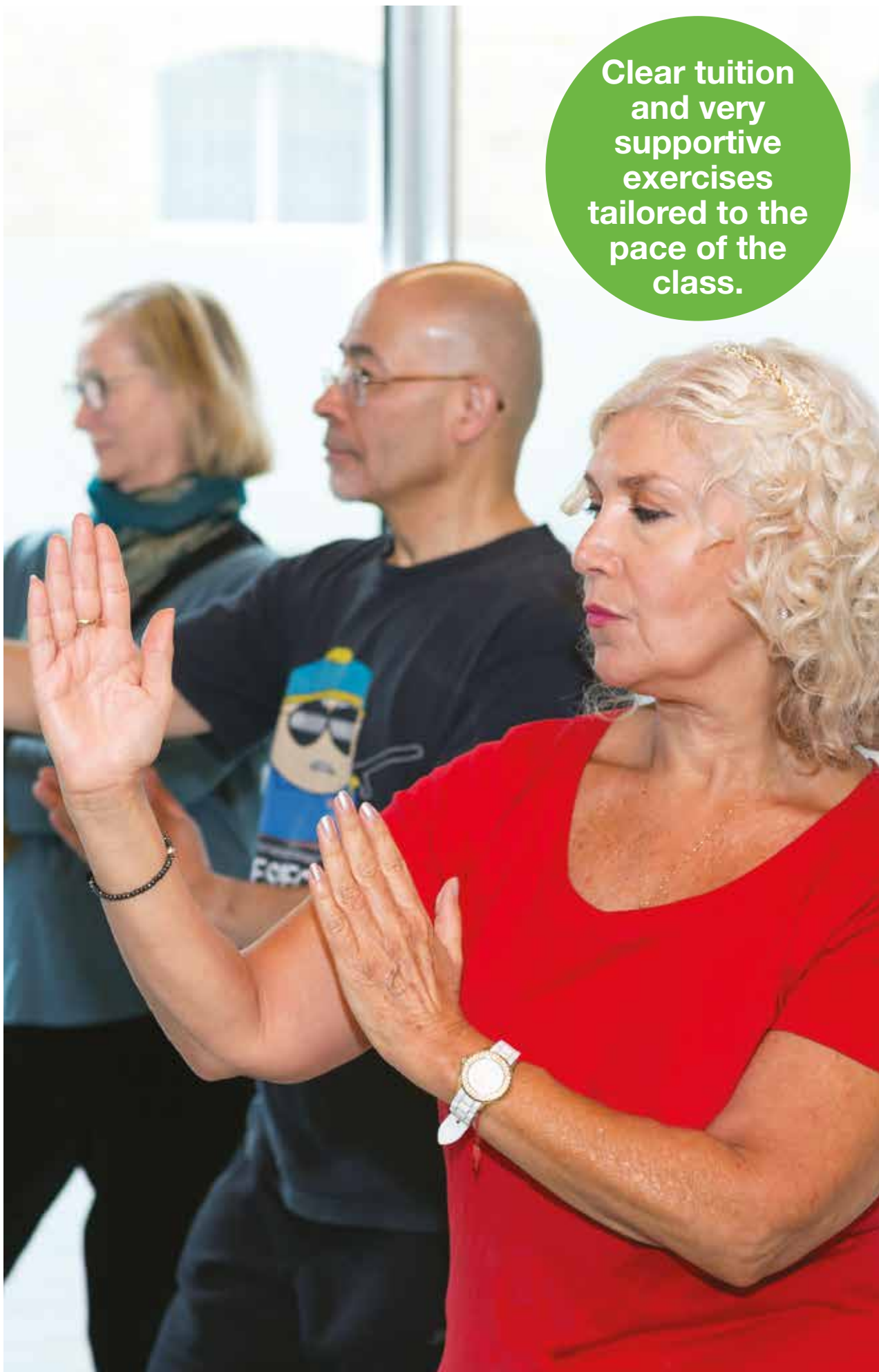




Fitness, Health and Wellbeing

Clear tuition and very supportive exercises tailored to the pace of the class.





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 Body Conditioning with Circuits and Tai Chi.

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

CASE STUDY

Geoffrey Horton

Pilates Body Conditioning



I joined the Pilates class on my surgeon's advice to strengthen my core muscles following a hernia operation. I found that it helped my recovery and that I enjoyed the process in the pleasant atmosphere of the class.

In February, the following year, I was diagnosed with Parkinson's, a neurological disease that progressively stiffens my muscles and slows them down. I restarted Pilates the next term. It helps me control my movements and manage my condition. I heartily recommend this challenging, yet far from intimidating course.

FITNESS: Level of Classes

Fitness Classes

Classes within the fitness programme are generally offered at beginner, intermediate or 'all' levels. Remember, even if you exercise on a regular basis, you may wish to attend a beginner level course if you are new to that particular style or format of class.

Beginners

This level is suitable for beginners or those with limited experience of the class style/format. Classes at this level will focus on developing the correct exercise technique. This level is also ideal for those who have not participated in that style for a long time and wish to refresh their skills.

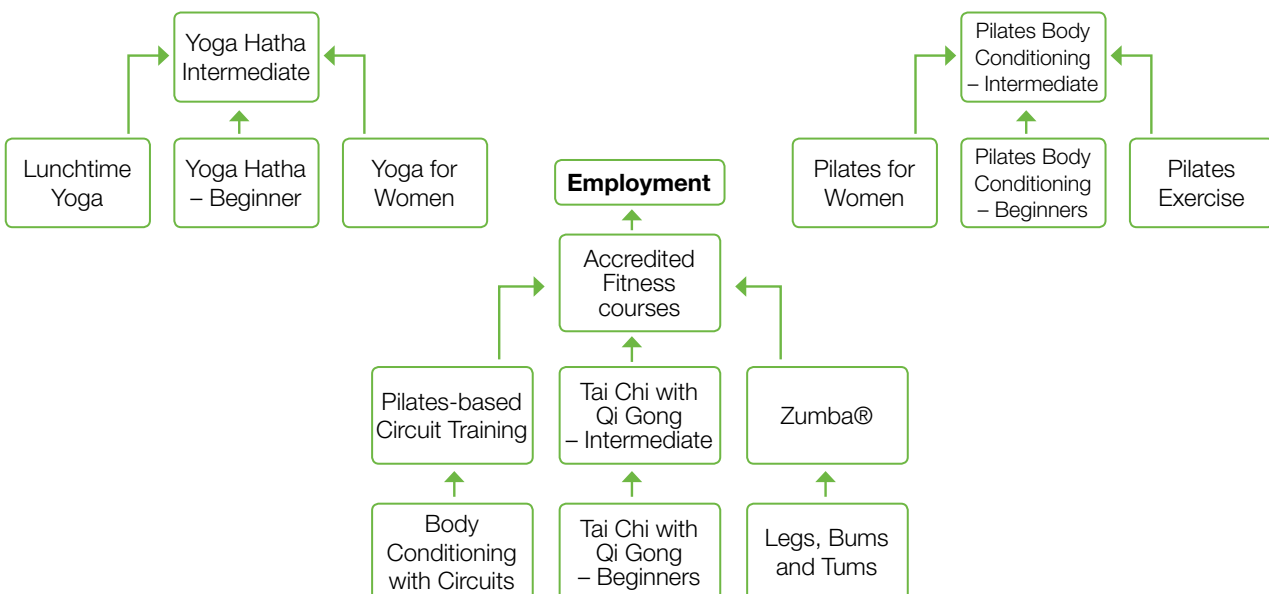
Intermediate

This level is aimed at people with good knowledge of the exercise style / format who want to improve and develop their skills and / or challenge their fitness level further. These classes will require a greater awareness of the class vocabulary than the beginner level courses.

All Levels

'All Level' courses are open to all and tutors will offer modifications to enable everyone to participate fully based on their experience and ability.

Progression Route Health and Wellbeing



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

Fitness

Body Conditioning with Circuits - All Levels

A2604	Monday	01 Oct 2018	18:30	19:30	10	SHC	£40	£12	2A
B2605	Monday	14 Jan 2019	18:30	19:30	10	SHC	£40	£12	2A
C2606	Monday	29 Apr 2019	18:30	19:30	10	SHC	£40	£12	2A

Legs, Bums, Tums for Women - All Levels

A1918	Wednesday	03 Oct 2018	18:30	19:30	10	SHC	£40	£12	2A
B1919	Wednesday	16 Jan 2019	18:30	19:30	10	SHC	£40	£12	2A
C1920	Wednesday	24 Apr 2019	18:30	19:30	10	SHC	£40	£12	2A
A2299	Saturday	29 Sep 2018	10:00	11:00	10	SHC	£40	£12	2A
B2300	Saturday	19 Jan 2019	10:00	11:00	10	SHC	£40	£12	2A
C2202	Saturday	27 Apr 2019	10:00	11:00	10	SHC	£40	£12	2A

Tour Guiding in Tower Hamlets: The Essentials - All Levels

A2600	Thursday	04 Oct 2018	18:30	20:30	10	SHC	£80	£25	2A
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Tour Guiding in Tower Hamlets: Going Further - Improvers

C2535	Thursday	25 Apr 2019	18:30	20:30	10	SHC	£80	£25	2A
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Zumba - All Levels

A2283	Thursday	04 Oct 2018	18:30	19:30	10	SHC	£40	£12	2A
B2284	Thursday	17 Jan 2019	18:30	19:30	10	SHC	£40	£12	2A
C2285	Thursday	25 Apr 2019	18:30	19:30	10	SHC	£40	£12	2A

Pilates

Pilates Body Conditioning - All Levels

A2470	Wednesday	03 Oct 2018	18:00	19:00	10	SHC	£40	£12	2A
B2471	Wednesday	16 Jan 2019	18:00	19:00	10	SHC	£40	£12	2A
C2472	Wednesday	24 Apr 2019	18:00	19:00	10	SHC	£40	£12	2A

Pilates Body Conditioning - Beginners

A3206	Monday	01 Oct 2018	18:00	19:30	10	SHC	£60	£19	2A
B2273	Monday	14 Jan 2019	18:00	19:30	10	SHC	£60	£19	2A
C1590	Monday	29 Apr 2019	18:00	19:30	10	SHC	£60	£19	2A

Pilates Body Conditioning - Intermediate

A3207	Monday	01 Oct 2018	19:30	20:30	10	SHC	£40	£12	2A
B2253	Monday	14 Jan 2019	19:30	20:30	10	SHC	£40	£12	2A
C2259	Monday	29 Apr 2019	19:30	20:30	10	SHC	£40	£12	2A
A3296	Thursday	04 Oct 2018	10:00	11:30	10	ISW	£60	£19	2A
B2254	Thursday	17 Jan 2019	10:00	11:30	10	ISW	£60	£19	2A
C2255	Thursday	25 Apr 2019	10:00	11:30	10	ISW	£60	£19	2A

Pilates Exercise for Women - Beginners

A1510	Tuesday	02 Oct 2018	10:00	11:30	10	SHC	£60	£19	2A
B1550	Tuesday	15 Jan 2019	10:00	11:30	10	SHC	£60	£19	2A
C1587	Tuesday	23 Apr 2019	10:00	11:30	10	SHC	£60	£19	2A



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

Pilates based Circuit Training - Intermediate

A0001	Wednesday	03 Oct 2018	19:15	20:15	10	SHC	£40	£12	2A
B0002	Wednesday	16 Jan 2019	19:15	20:15	10	SHC	£40	£12	2A
C0003	Wednesday	24 Apr 2019	19:15	20:15	10	SHC	£40	£12	2A

Pilates Barre Conditioning - All Levels

A2601	Thursday	04 Oct 2018	12:00	13:00	10	ISW	£40	£12	2A
B2602	Thursday	17 Jan 2019	12:00	13:00	10	ISW	£40	£12	2A
C2603	Thursday	25 Apr 2019	12:00	13:00	10	ISW	£40	£12	2A

Tai Chi

Stand Still - Be Fit with Tai Chi - Beginners

A2593	Thursday	04 Oct 2018	19:45	20:45	10	SHC	£40	£12	2A
B2594	Thursday	17 Jan 2019	19:45	20:45	10	SHC	£40	£12	2A
C2595	Thursday	25 Apr 2019	19:45	20:45	10	SHC	£40	£12	2A

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

A2270	Saturday	29 Sep 2018	11:30	13:00	10	ISW	£60	£19	2A
B2271	Saturday	19 Jan 2019	11:30	13:00	10	ISW	£60	£19	2A
C2272	Saturday	27 Apr 2019	11:30	13:00	10	ISW	£60	£19	2A

Tai Chi (Yang Style) with Qi Gong - Intermediate

A2102	Saturday	29 Sep 2018	10:00	11:30	10	ISW	£60	£19	2A
B2103	Saturday	19 Jan 2019	10:00	11:30	10	ISW	£60	£19	2A
C2104	Saturday	27 Apr 2019	10:00	11:30	10	ISW	£60	£19	2A

Yoga

Lunchtime Yoga - Hatha - All Levels

A2293	Wednesday	03 Oct 2018	12:30	13:30	10	ISW	£40	£12	2A
B2205	Wednesday	16 Jan 2019	12:30	13:30	10	ISW	£40	£12	2A
C2206	Wednesday	24 Apr 2019	12:30	13:30	10	ISW	£40	£12	2A

Yoga - Hatha for Women - All Levels

A2117	Thursday	04 Oct 2018	10:00	11:30	10	SHC	£60	£19	2A
B2118	Thursday	17 Jan 2019	10:00	11:30	10	SHC	£60	£19	2A
C2119	Thursday	25 Apr 2019	10:00	11:30	10	SHC	£60	£19	2A





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

Yoga - Hatha - Beginners

A2093	Monday	01 Oct 2018	18:00	19:30	10	ISW	£60	£19	2A
B2094	Monday	14 Jan 2019	18:00	19:30	10	ISW	£60	£19	2A
C2095	Monday	29 Apr 2019	18:00	19:30	10	ISW	£60	£19	2A
A2114	Tuesday	02 Oct 2018	18:00	19:30	10	SHC	£60	£19	2A
B2252	Tuesday	15 Jan 2019	18:00	19:30	10	SHC	£60	£19	2A
C2122	Tuesday	23 Apr 2019	18:00	19:30	10	SHC	£60	£19	2A

Yoga - Hatha - Intermediate

A2428	Monday	01 Oct 2018	19:45	20:45	10	ISW	£40	£12	2A
B2361	Monday	14 Jan 2019	19:45	20:45	10	ISW	£40	£12	2A
C2362	Monday	29 Apr 2019	19:45	20:45	10	ISW	£40	£12	2A
A2120	Tuesday	02 Oct 2018	19:45	20:45	10	SHC	£40	£12	2A
B2204	Tuesday	15 Jan 2019	19:45	20:45	10	SHC	£40	£12	2A
C2116	Tuesday	23 Apr 2019	19:45	20:45	10	SHC	£40	£12	2A

Swimming (1 course per academic year)

Mother and Baby Swimming 3 months - 23 months (One child per parent) - Beginners

A1888	Monday	01 Oct 2018	15:45	16:15	10	SHS	£20	£6	2A
C1890	Monday	29 Apr 2019	15:45	16:15	10	SHS	£20	£6	2A

Mother and Child Swimming 2 - 4 years (One child per parent) - Beginners

A1891	Monday	01 Oct 2018	16:15	16:45	10	SHS	£20	£6	2A
C1893	Monday	29 Apr 2019	16:15	16:45	10	SHS	£20	£6	2A

Parent and Baby Swimming 3 months - 23 months (One child per parent) - Beginners

B1889	Monday	14 Jan 2019	15:45	16:15	10	SHS	£20	£6	2A
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Parent and Child Swimming 2 - 4 years (One child per parent) - Beginners

B1892	Monday	14 Jan 2019	16:15	16:45	10	SHS	£20	£6	2A
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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, aromatherapy and Reiki.

We also offer short courses and weekend tasters in improving general wellbeing, including Life Coaching, Mindfulness and Public Speaking.

CASE STUDY

Harumi Welford

Introduction to Public Speaking



The course was a great introduction to public speaking - very informative, interactive and full of action! I have learned not only the basic technique of public speaking, but also the importance of relaxation, use of breath and how the posture influences your voice.

I would like to further improve my skills in public speaking and strengthen my voice, so I am thinking about enrolling onto another public speaking course in the near future. I would definitely recommend this course to people who would like to improve their skills and confidence in public speaking – the class was fun and it was great to be taught by a professional actor!

Level of Classes

Health Courses

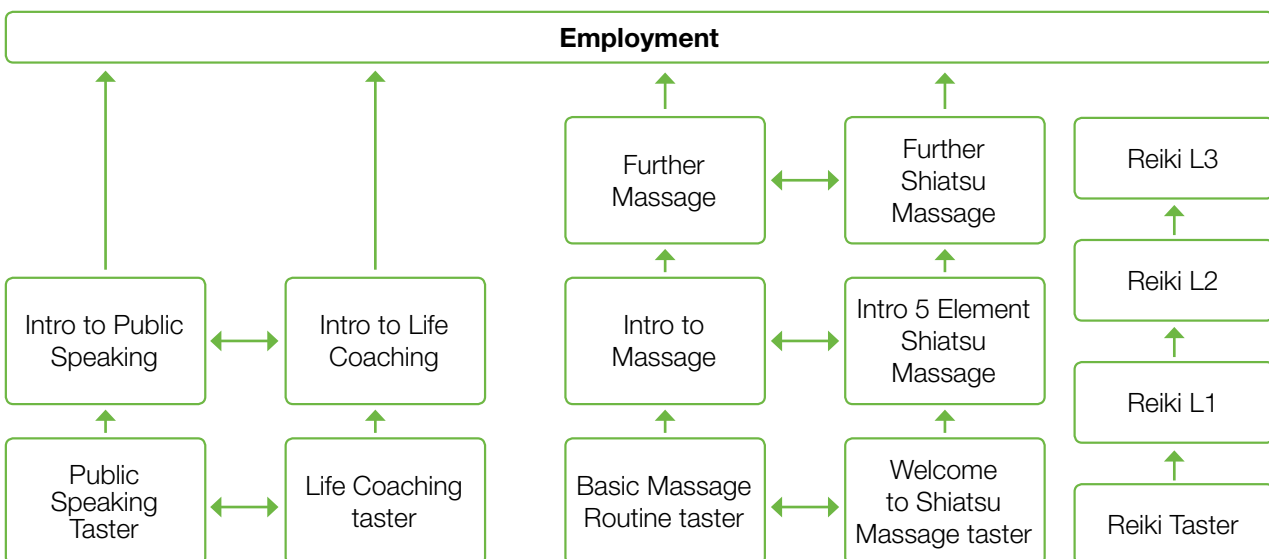
The majority of health courses are offered at beginner level. These are short courses and are a good introduction to the topic; no prior experience is needed at this level. A small number of courses are for 'Improvers', aimed at those who have successfully completed an introductory course. Tutors can advise learners of further courses or progression routes for those who are interested.

Weekend Tasters

Weekend tasters are a great way to try something new without the commitment of a whole course. These classes are open to all but will be taught at beginner level.

Please note that the above descriptions are provided for indicative purpose only as these may vary depending on personal circumstances. If in doubt please contact a member of the Health and Fitness Team and/or relevant tutor for advice on ideastore@towerhamlets.gov.uk

Progression Route Health and Wellbeing





Course Code	Day of Week	Timetable					Course Fees		
		Start Date	Start Time	End Time	No Weeks	Venue	Full Fee	Concessionary	Band
Aromatherapy									
Introduction to Aromatherapy - Beginners									
A0021	Wednesday	31 Oct 2018	18:30	21:00	5	ISW	£50	£16	2A
Counselling & Personal Development									
Mental Health First Aid - Level 1									
A0023	Friday	19 Oct 2018	09:00	17:00	2	ISW	£81	£42	2A
Healthy Lives for Busy People - Beginners									
A2612	Monday	29 Oct 2018	13:00	14:00	6	ISCW	£24	£7	2A
Mindfulness Meditation - Beginners									
A0022	Thursday	01 Nov 2018	17:30	18:30	5	ISCW	£20	£6	2A
Mindfulness, Movement and Meditation - Beginners									
B2614	Saturday	02 Mar 2019	10:30	12:30	5	ISW	£40	£12	2A
Introduction to Life Coaching - Beginners									
B2387	Monday	25 Feb 2019	18:00	20:00	5	ISW	£40	£12	2A
Introduction to Public Speaking - Beginners									
B0020	Thursday	28 Feb 2019	18:00	20:00	5	ISW	£40	£12	2A
Massage									
Introduction to Massage - Beginners									
B2392	Wednesday	16 Jan 2019	18:30	21:00	5	ISW	£50	£16	2A
Further Massage - Improvers									
B2613	Wednesday	27 Feb 2019	18:30	21:00	5	ISW	£50	£16	2A
Introduction to 5 Element Shiatsu Massage - Beginners									
C2482	Saturday	27 Apr 2019	13:45	16:15	5	ISW	£50	£16	2A
Further Shiatsu Massage - Improvers									
C2615	Saturday	08 Jun 2019	13:45	16:15	5	ISW	£50	£16	2A
Reiki									
Reiki - Level 1									
A2170	Saturday	03 Nov 2018	10:00	13:00	5	SHC	£60	£19	2A
Reiki - Level 2									
B0016	Saturday	19 Jan 2019	13:30	16:00	10	ISW	£100	£31	2A
Reiki - Level 3									
C0017	Saturday	27 Apr 2019	10:00	13:00	5	ISW	£60	£19	2A





Course Code	Day of Week	Timetable					Course Fees			
		Start Date	Start Time	End Time	No Weeks	Venue	Full Fee	Concessionary	Band	
Weekend Tasters										
Aromatherapy - Beginners										
A2475	Saturday	13 Oct 2018	10:00	13:00	1	ISW	£12	£4	2A	
Basic Massage Routine (Family and Friends - please enrol in pairs) - Beginners										
A2048	Saturday	29 Sep 2018	10:00	13:00	1	ISW	£12	£4	2A	
B2266	Saturday	16 Feb 2019	10:00	13:00	1	ISW	£12	£4	2A	
Basic Principles of Traditional Chinese Medicine - Beginners										
A2610	Saturday	03 Nov 2018	13:30	16:30	1	ISW	£12	£4	2A	
Indian Head Massage - Beginners										
A2037	Saturday	20 Oct 2018	10:00	13:00	1	ISW	£12	£4	2A	
B2262	Saturday	19 Jan 2019	10:00	13:00	1	ISW	£12	£4	2A	
Life Coaching - Beginners										
B2543	Saturday	02 Feb 2019	10:00	13:00	1	ISW	£12	£4	2A	
Public Speaking - Beginners										
B0019	Saturday	26 Jan 2019	10:00	13:00	1	ISW	£12	£4	2A	
Reiki - Beginners										
A2390	Saturday	27 Oct 2018	10:00	12:00	1	ISW	£8	£2	2A	
Reiki with Crystals - Beginners										
B2611	Saturday	09 Feb 2019	10:00	12:30	1	ISW	£8	£2	2A	
Stress Relief through Mindfulness - Beginners										
A2542	Saturday	06 Oct 2018	10:30	12:30	1	ISW	£8	£2	2A	

