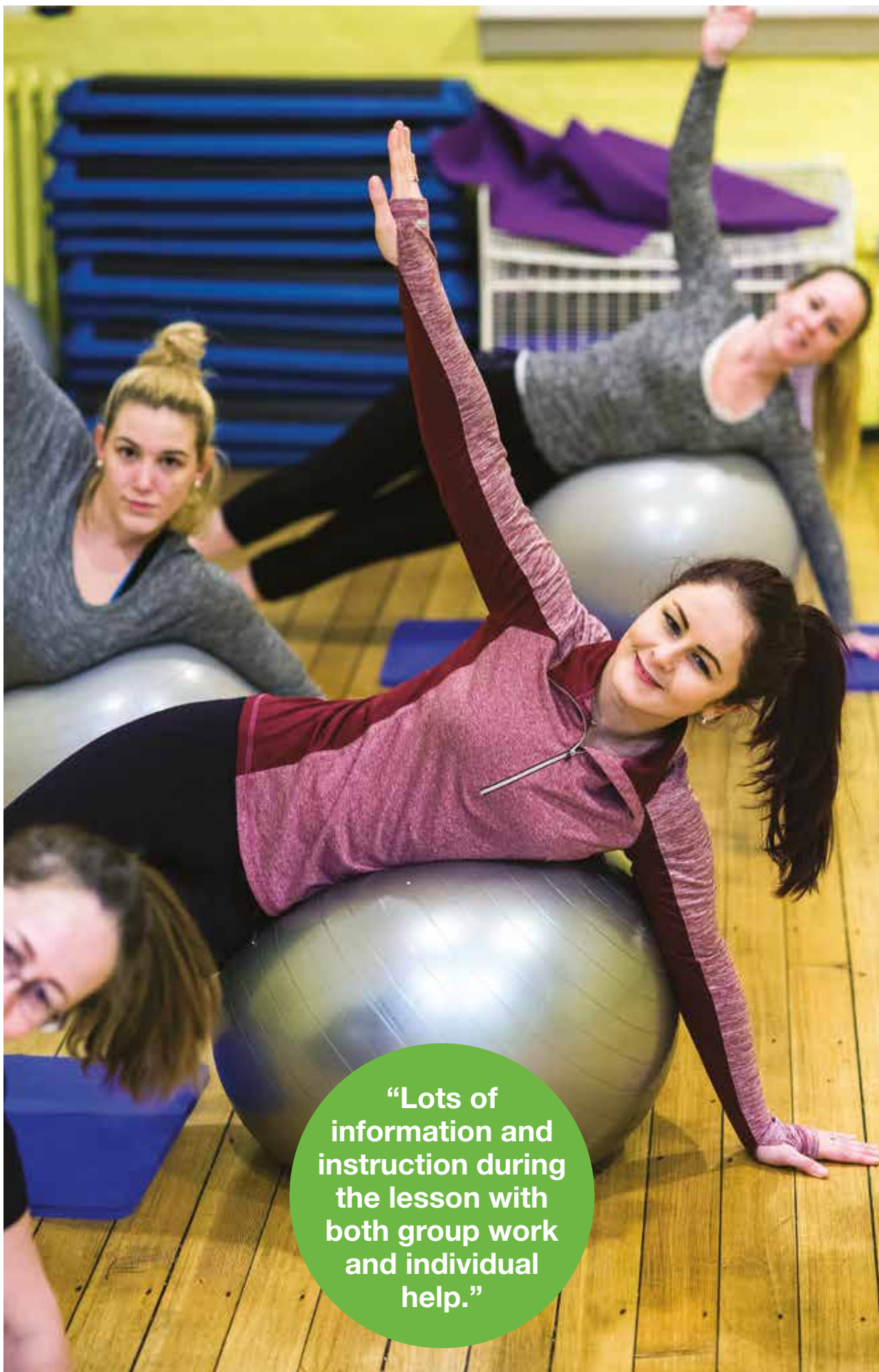




Fitness, Health and Wellbeing



“Lots of information and instruction during the lesson with both group work and individual help.”





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 Tai Chi. You could also choose Gentle Movement and Chair-based Exercise for those requiring a slower pace or Circuit Training for Strength for a more strenuous workout.

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

Stephen Walker

Tai Chi Intermediate



“I wanted to keep fit and meet people so I joined Get Started in Tai Chi a year ago. I didn’t realise it would be as good as it was. At the end of each lesson I walk home relaxed and de-stressed. I have mastered 8 form and I’m now working on 24 form in the Intermediate class.

The tutor is excellent! He corrects my posture and includes a variety of movement so I am always interested and looking forward to the next lesson.

As I am getting older I find Tai Chi helps me both mentally and physically. I hope to keep it up in my old age.”

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.

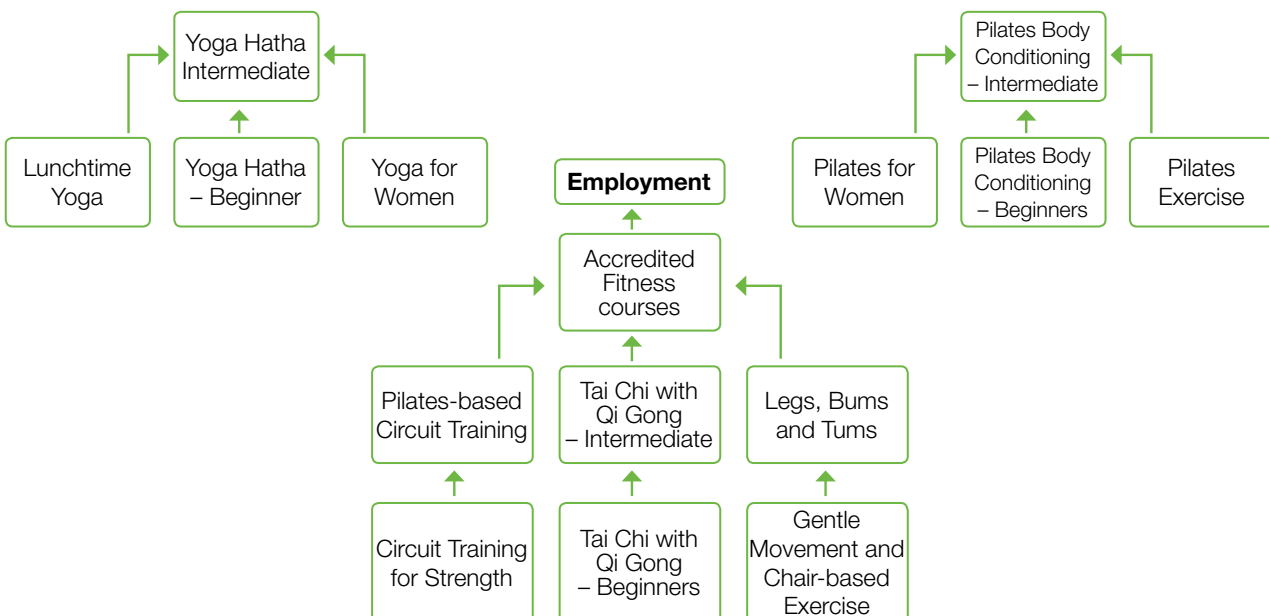
Intermediate

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 Fitness



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

Fitness

Circuit Training for Strength - All Levels

A2635	Wednesday	18/09/2019	18:30	19:30	10	SHC	£43.00	£12.00	2A
B2636	Wednesday	15/01/2020	18:30	19:30	10	SHC	£43.00	£12.00	2A
C2637	Wednesday	22/04/2020	18:30	19:30	10	SHC	£43.00	£12.00	2A

Gentle Movement and Chair-based Exercise - Beginners

A2624	Wednesday	18/09/2019	15:00	16:00	10	ISB	£43.00	£12.00	2A
B2625	Wednesday	15/01/2020	15:00	16:00	10	ISB	£43.00	£12.00	2A
C2626	Wednesday	22/04/2020	15:00	16:00	10	ISB	£43.00	£12.00	2A

Legs, Bums, Tums for Women - All Levels

A2299	Saturday	21/09/2019	10:00	11:00	10	SHC	£43.00	£12.00	2A
B2300	Saturday	18/01/2020	10:00	11:00	10	SHC	£43.00	£12.00	2A
C2202	Saturday	25/04/2020	10:00	11:00	10	SHC	£43.00	£12.00	2A

Tour Guiding in Tower Hamlets: The Essentials - Beginners

A2600	Thursday	19/09/2019	18:30	20:30	10	SHC	£85.00	£25.00	2A
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Tour Guiding in Tower Hamlets - Going Further - Improvers

B2535	Thursday	16/01/2020	18:30	20:30	10	SHC	£85.00	£25.00	2A
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Tour Guiding in Tower Hamlets: Workshop Techniques - Improvers

C2634	Thursday	23/04/2020	18:30	20:30	10	SHC	£85.00	£25.00	2A
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Pilates

Pilates Body Conditioning - All Levels

A2470	Wednesday	18/09/2019	18:00	19:00	10	SHC	£43.00	£12.00	2A
B2471	Wednesday	15/01/2020	18:00	19:00	10	SHC	£43.00	£12.00	2A
C2472	Wednesday	22/04/2020	18:00	19:00	10	SHC	£43.00	£12.00	2A

Pilates Body Conditioning - Beginners

A3206	Monday	16/09/2019	18:00	19:30	10	SHC	£64.00	£19.00	2A
B2273	Monday	13/01/2020	18:00	19:30	10	SHC	£64.00	£19.00	2A
C1590	Monday	20/04/2020	18:00	19:30	10	SHC	£64.00	£19.00	2A

Pilates Body Conditioning - Intermediate

A3207	Monday	16/09/2019	19:30	20:30	10	SHC	£43.00	£12.00	2A
A3296	Thursday	19/09/2019	10:00	11:30	10	ISW	£64.00	£19.00	2A
B2253	Monday	13/01/2020	19:30	20:30	10	SHC	£43.00	£12.00	2A
B2254	Thursday	16/01/2020	10:00	11:30	10	ISW	£64.00	£19.00	2A
C2259	Monday	20/04/2020	19:30	20:30	10	SHC	£43.00	£12.00	2A
C2255	Thursday	23/04/2020	10:00	11:30	10	ISW	£64.00	£19.00	2A

Pilates Exercise for Women - Beginners

A1510	Tuesday	17/09/2019	10:00	11:30	10	SHC	£64.00	£19.00	2A
B1550	Tuesday	14/01/2020	10:00	11:30	10	SHC	£64.00	£19.00	2A
C1587	Tuesday	21/04/2020	10:00	11:30	10	SHC	£64.00	£19.00	2A

Pilates-based Circuit Training - Intermediate

A0001	Wednesday	18/09/2019	19:15	20:15	10	SHC	£43.00	£12.00	2A
B0002	Wednesday	15/01/2020	19:15	20:15	10	SHC	£43.00	£12.00	2A
C0003	Wednesday	22/04/2020	19:15	20:15	10	SHC	£43.00	£12.00	2A



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

Tai Chi

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

A2270	Saturday	21/09/2019	11:30	13:00	10	ISW	£64.00	£19.00	2A
B2271	Saturday	18/01/2020	11:30	13:00	10	ISW	£64.00	£19.00	2A
C2272	Saturday	25/04/2020	11:30	13:00	10	ISW	£64.00	£19.00	2A

Stand Still - Be Fit with Tai Chi - Beginners

A2593	Thursday	19/09/2019	19:45	20:45	10	SHC	£43.00	£12.00	2A
B2594	Thursday	16/01/2020	19:45	20:45	10	SHC	£43.00	£12.00	2A
C2595	Thursday	23/04/2020	19:45	20:45	10	SHC	£43.00	£12.00	2A

Tai Chi (Yang Style) with Qi Gong - Intermediate

A2102	Saturday	21/09/2019	10:00	11:30	10	ISW	£64.00	£19.00	2A
B2103	Saturday	18/01/2020	10:00	11:30	10	ISW	£64.00	£19.00	2A
C2104	Saturday	25/04/2020	10:00	11:30	10	ISW	£64.00	£19.00	2A

Yoga

Lunchtime Yoga - Hatha - All Levels

A2293	Wednesday	18/09/2019	12:30	13:30	10	ISW	£43.00	£12.00	2A
B2205	Wednesday	15/01/2020	12:30	13:30	10	ISW	£43.00	£12.00	2A
C2206	Wednesday	22/04/2020	12:30	13:30	10	ISW	£43.00	£12.00	2A

Yoga - Hatha - Beginners

A2093	Monday	16/09/2019	18:00	19:30	10	ISW	£64.00	£19.00	2A
A2114	Tuesday	17/09/2019	18:00	19:30	10	SHC	£64.00	£19.00	2A
B2094	Monday	13/01/2020	18:00	19:30	10	ISW	£64.00	£19.00	2A
B2252	Tuesday	14/01/2020	18:00	19:30	10	SHC	£64.00	£19.00	2A
C2095	Monday	20/04/2020	18:00	19:30	10	ISW	£64.00	£19.00	2A
C2122	Tuesday	21/04/2020	18:00	19:30	10	SHC	£64.00	£19.00	2A

Yoga - Hatha For Women - All Levels

A2117	Thursday	19/09/2019	10:00	11:30	10	SHC	£64.00	£19.00	2A
B2118	Thursday	16/01/2020	10:00	11:30	10	SHC	£64.00	£19.00	2A
C2119	Thursday	23/04/2020	10:00	11:30	10	SHC	£64.00	£19.00	2A

CASE STUDY

Keith Turpin

Tour Guiding in Tower Hamlets



“The course was professionally led and provided me with a thorough grounding in the principles and practice of guiding, both specifically in Tower Hamlets and generally for London or other urban environments.

I learned techniques for researching, compiling and delivering guided walks; for managing and directing groups safely with particular reference to traffic, physical hazards and awareness of selected routes, as well as voice projection, audience engagement and entertainment. I benefited from this foundation in going on to complete the Camden Tour Guide Association qualification and have used all these skills frequently, working as a part time guide in a number of London locations on both a paid and voluntary basis.”



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

Yoga - Hatha - Intermediate

A2428	Monday	16/09/2019	19:45	20:45	10	ISW	£43.00	£12.00	2A
A2120	Tuesday	17/09/2019	19:45	20:45	10	SHC	£43.00	£12.00	2A
B2361	Monday	13/01/2020	19:45	20:45	10	ISW	£43.00	£12.00	2A
B2204	Tuesday	14/01/2020	19:45	20:45	10	SHC	£43.00	£12.00	2A
C2362	Monday	20/04/2020	19:45	20:45	10	ISW	£43.00	£12.00	2A
C2116	Tuesday	21/04/2020	19:45	20:45	10	SHC	£43.00	£12.00	2A

Yoga and Stretch - All Levels

A2627	Thursday	19/09/2019	12:00	13:00	10	ISW	£43.00	£12.00	2A
B2628	Thursday	16/01/2020	12:00	13:00	10	ISW	£43.00	£12.00	2A
C2629	Thursday	23/04/2020	12:00	13:00	10	ISW	£43.00	£12.00	2A

Swimming (1 course per academic year)

Mother & Baby Swimming 3 Months-23 months (One child per parent)

A1888	Monday	16/09/2019	15:45	16:15	10	SHS	£24.00	£6.00	3A
C1890	Monday	20/04/2020	15:45	16:15	10	SHS	£24.00	£6.00	3A

Mother And Child Swimming 2-4 Years (One child per parent)

A1891	Monday	16/09/2019	16:15	16:45	10	SHS	£24.00	£6.00	3A
C1893	Monday	20/04/2020	16:15	16:45	10	SHS	£24.00	£6.00	3A

Parent & Baby Swimming 3 Months-23 months (One child per parent)

B1889	Monday	13/01/2020	15:45	16:15	10	SHS	£24.00	£6.00	3A
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Parent And Child Swimming 2-4 Years (One child per parent)

B1892	Monday	13/01/2020	16:15	16:45	10	SHS	£24.00	£6.00	3A
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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: Mindfulness, Life Coaching, Self Esteem and Public Speaking. Our 2 day course in Mental Health First Aid (MHFA) teaches people how to identify, understand and help someone who may be experiencing a mental health issue. On successful completion you will become a certified Mental Health First Aider.

CASE STUDY

Phillipa Ryland

Introduction to Aromatherapy

“I found the Introduction to Aromatherapy very interesting and engaging. It was a well-structured and informative course, designed for the absolute beginner to dip their toe into the world of essential oils and product making.”

We learned about the origins of essential oils, their uses and functions, safety and contraindications, benefits and product making. We also learnt how to make blends and synergies, getting as creative as we wanted!

I would highly recommend the course to others who are new to aromatherapy or those who want a brush up before embarking on their professional training. There's a lot of content so prepare to be challenged, but it's also fun when you get to apply it in your product making.”

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.

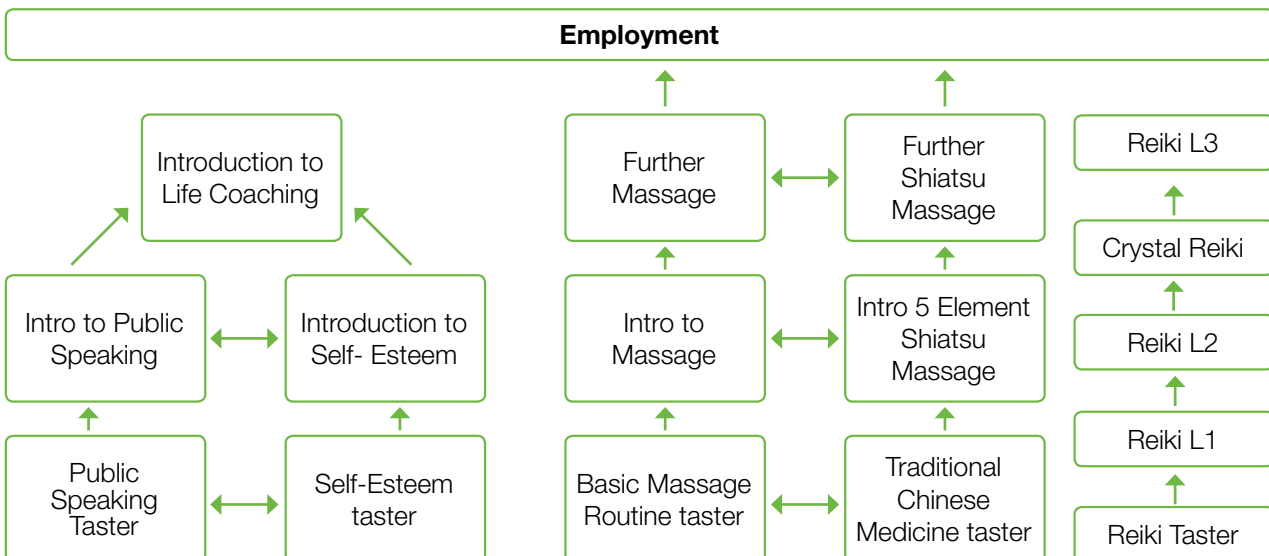
Weekend tasters

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	

Counselling & Personal Development

Mental Health First Aid - Level 1

A0023	Friday	18/10/2019	09:00	17:30	2	ISW	£89.00	£42.00	2A
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Mindfulness Meditation - Beginners

A0022	Thursday	31/10/2019	17:30	18:30	5	ISCW	£21.00	£6.00	2A
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Introduction to Self-Esteem - Beginners

B2632	Monday	24/02/2020	18:00	20:00	5	ISW	£43.00	£12.00	2A
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Introduction to Public Speaking - Beginners

B0020	Thursday	27/02/2020	18:00	20:00	5	ISW	£43.00	£12.00	2A
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Introduction to Life Coaching - Beginners

C2648	Monday	01/06/2020	18:00	20:00	5	ISW	£43.00	£12.00	2A
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Massage

Introduction to Massage - Beginners

B2392	Wednesday	15/01/2020	18:30	21:00	5	ISW	£53.00	£16.00	2A
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Further Massage - Improvers

B2613	Wednesday	26/02/2020	18:30	21:00	5	ISW	£53.00	£16.00	2A
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Introduction to 5 Element Shiatsu Massage - Beginners

C2482	Saturday	25/04/2020	13:45	16:15	5	ISW	£53.00	£16.00	2A
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Further Shiatsu Massage - Improvers

C2615	Saturday	06/06/2020	13:45	16:15	5	ISW	£53.00	£16.00	2A
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Reflexology

Introduction to Reflexology - Beginners

A2622	Wednesday	25/09/2019	18:30	21:00	5	ISW	£53.00	£16.00	2A
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Aromatherapy

Introduction to Aromatherapy - Beginners

A0021	Wednesday	30/10/2019	18:30	21:00	5	ISW	£53.00	£16.00	2A
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Reiki

Reiki - Level 1

A2170	Saturday	02/11/2019	10:00	13:00	5	SHC	£64.00	£19.00	2A
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Reiki - Level 2

B0016	Saturday	18/01/2020	13:30	16:00	10	ISW	£106.00	£31.00	2A
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Crystal Reiki

B2630	Saturday	29/02/2020	10:00	12:30	5	ISW	£53.00	£16.00	2A
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Reiki - Level 3

C0017	Saturday	25/04/2020	10:00	13:00	5	ISW	£64.00	£19.00	2A
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Course Code	Day of Week	Timetable					Course Fees		
		Start Date	Start Time	End Time	No Weeks	Venue	Full Fee	Concessionary	Band

Weekend Workshops

Aromatherapy Taster - Beginners

A2475	Saturday	05/10/2019	10:00	13:00	1	ISW	£13.00	£4.00	2A
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Basic Massage Routine Taster (Family and Friends - please enrol in pairs) - Beginners

A2048	Saturday	28/09/2019	10:00	13:00	1	ISW	£13.00	£4.00	2A
B2266	Saturday	25/01/2020	10:00	13:00	1	ISW	£13.00	£4.00	2A

Basic Principles of Traditional Chinese Medicine - Beginners

B2610	Saturday	28/03/2020	13:30	16:30	1	ISW	£13.00	£4.00	2A
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Healthy Lives Taster - Beginners

A2633	Saturday	19/10/2019	10:00	13:00	1	ISW	£13.00	£4.00	2A
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Indian Head Massage Taster - Beginners

A2037	Saturday	12/10/2019	10:00	13:00	1	ISW	£13.00	£4.00	2A
B2262	Saturday	18/01/2020	10:00	13:00	1	ISW	£13.00	£4.00	2A

Public Speaking Taster - Beginners

B0019	Saturday	01/02/2020	10:00	13:00	1	ISW	£13.00	£4.00	2A
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Reflexology Taster - Beginners

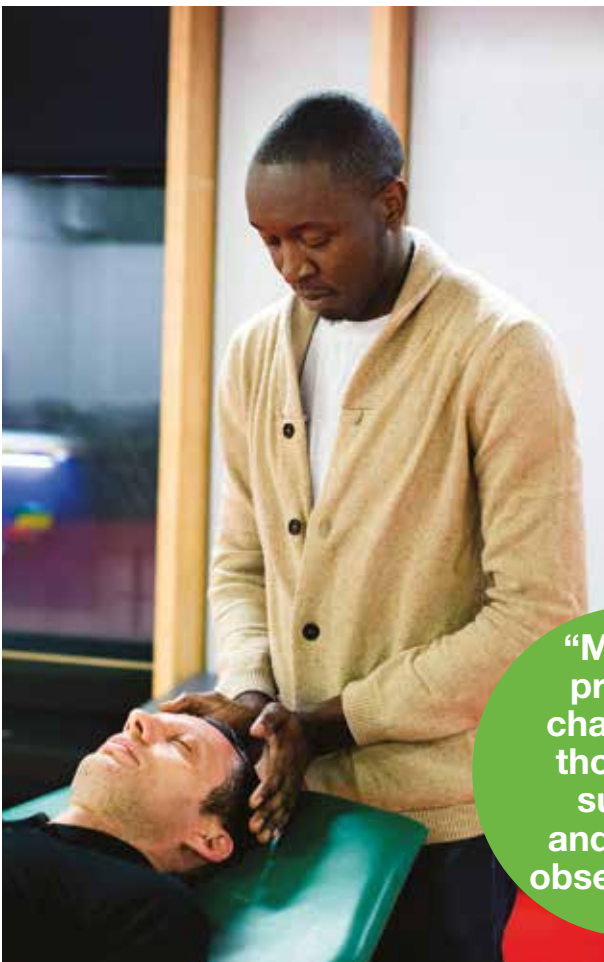
A2623	Saturday	21/09/2019	10:00	13:00	1	ISW	£13.00	£4.00	2A
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Reiki Taster - Beginners

A2390	Saturday	26/10/2019	10:00	12:00	1	ISW	£9.00	£2.00	2A
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Self-Esteem Taster - Beginners

B2631	Saturday	08/02/2020	10:00	13:00	1	ISW	£13.00	£4.00	2A
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“My tutor provides challenges, thoughtful support and careful observation.”

