Progression routes

Fitness

ALL LEVELS
Power Pump









Consider qualification pathways OR develop technique through attendance to other classes at advance level Courses at higher level **INTERMEDIATES** Consider attending more and Teacher training classes at higher level Pilates-based circuit courses with other training **ALL LEVELS** organisations such as: Pilates body conditioning Day workshops unless The Shala London and otherwise stated Yogarise 200h Teacher training Healthy Knees (day **INTERMEDIATES ALL LEVELS** Other Fitness Classes. workshop) Pilates for runners Tai Chi (Yang style) with Consider qualification Pilates body conditioning Qi Gong **Total Body Posture** pathways like Assistant **Through Pilates** Fitness Instructor Level 1 from other Lifting techniques organisations (YMCA Awards. Open University Stretch and Tone with **ALL LEVELS BEGINNERS ALL LEVELS IMPROVERS** - Open Learn. Skills Resistance Band Active) Performing arts courses Tai Chi (Yang style) with Pilates for dance Yoga Hatha Flexible Strength for (combining barre and Lunchtime Yoga Hatha Qi Gong Yoga, Pilates, and mat work) Yoga for healthy living Dance **Functional Fitness ALL LEVELS BEGINNERS Explore Tower Hamlets BEGINNERS BEGINNERS** - Guided Walk (2 hours) Circuit training, balance Pilates body conditioning Yoga Hatha Get started in Tai Chi Pilates exercise for and core strength (Yang style) with Qi \leftrightarrow Yoga for Coping with Legs, bums, tums for women Gong Loss women Stand still - be fit with Tai Chi