



Fitness, Health and Wellbeing



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Our fitness classes offer something for everyone regardless of age, experience or fitness levels.

Clare Day
Yoga Tutor





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, Box 'n' Tone or Fitness for Weight Loss.

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 and Kung Fu classes for parents and children.

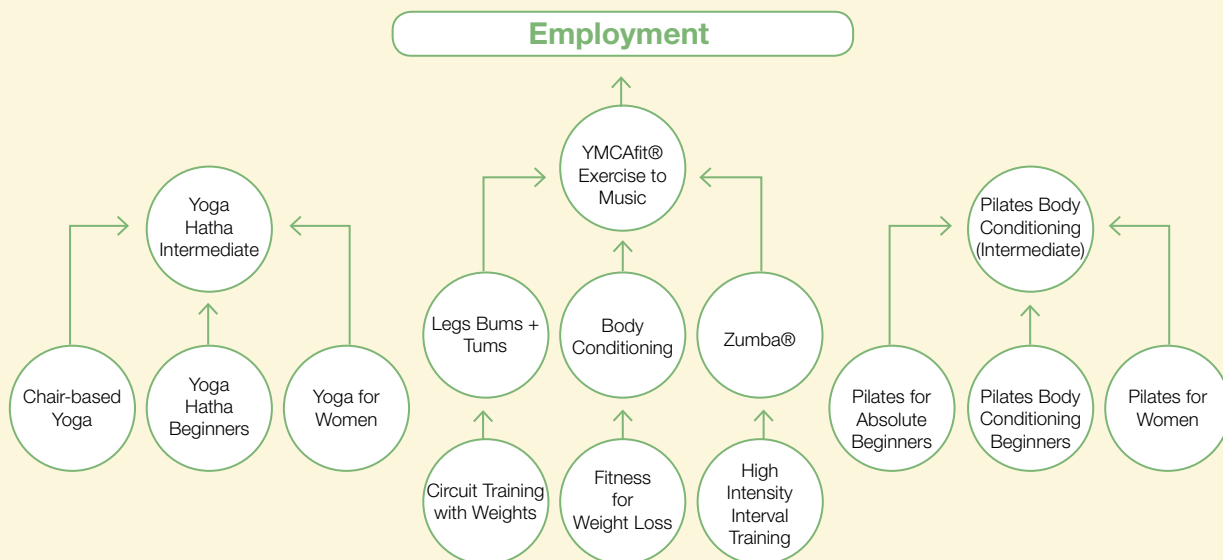
Some of our courses are:

- Circuit Training with Weights
- High Intensity Interval Training
- Legs, Bums and Tums
- Antenatal and Postnatal Yoga
- Pilates
- Self Defence
- Tai Chi
- Yoga

Qualifying to Work in Exercise Instruction

We offer the YMCAfit Exercise to Music (Level 2) qualification that can lead to employment in the fitness industry for anyone wanting to teach exercise to others using music.

Progression Route Fitness



Heike Waldmann

Fitness learner nominee

Having done Pilates, my health and well-being has improved a great deal. Some routines are challenging, however I can work within my own ability which is very welcome.

Qualify as an Exercise to Music Instructor

Do you have a love for music and fitness?

Exercise to Music (ETM) instructors usually work in fitness centres and health clubs, they also teach in community centres, church halls, schools – in fact wherever there's suitable space and a stereo.

You will learn to use your personality to inspire groups of people of different ages and abilities. The emphasis on freestyle teaching allows students to express their creativity and imagination confidently when delivering a studio class.

To enrol on these courses all interested participants must attend one of the following sessions:

Assessment Sessions YMCAfit® Exercise to Music

Date	Time	Venue
Monday 22 September 2014	10am	Shadwell Centre
Monday 12 January 2015	10am	Shadwell Centre
Monday 13 April 2015	10am	Shadwell Centre



For further information, text 'Idea' and your name to 07950 080 341, email ideastorelearning@towerhamlets.gov.uk or call 020 7364 5665.

Case study Emily Matthews YMCAfit® Exercise to Music

"I had already qualified as a Zumba® instructor and joined the class to gain a further qualification to help me find work teaching in leisure centres. On the course I learned how to plan a proper warm up and cool down.

"I also learned how to plan and teach aerobics classes which was something I hadn't thought of before, but I found I really enjoyed teaching aerobics! All of the theory side of the course was really interesting as well and I've taken the knowledge that I gained and have applied it to my life, not just teaching. It is hard to pick a particular part of the course that I enjoyed the most because I loved it all! The tutor was really wonderful and made all aspects enjoyable and attainable.

"I am now teaching Zumba® in many more leisure centres as a result of my qualification and also regularly cover aerobics classes."



Assessment Sessions YMCAfit® Exercise to Music

Date	Time	Venue
Monday 22 September 2014	10am	Shadwell
Monday 12 January 2015	10am	Shadwell
Monday 13 April 2015	10am	Shadwell

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

Qualify in Health and Fitness - Level 2

YMCAfit® Exercise to Music

A2382	Multiple	29 Sep 14	09:30	9	14.00	SHC	£330	£330
B2323	Multiple	19 Jan 15	09:30	9	14.00	SHC	£330	£330
C2324	Multiple	20 Apr 15	09:30	9	14.00	SHC	£330	£330

Fitness

Body Conditioning for Women - All Levels

A2267	Friday	26 Sep 14	11:15	10	1.00	SHC	£25	£15	B
B1925	Friday	16 Jan 15	11:15	10	1.00	SHC	£25	£15	B
C1926	Friday	17 Apr 15	11:15	10	1.00	SHC	£25	£15	B

Box 'n' Tone Workout - All Levels

A2416	Saturday	27 Sep 14	10:00	10	1.00	SHC	£25	£15	B
B2417	Saturday	17 Jan 15	10:00	10	1.00	SHC	£25	£15	B
C2418	Saturday	18 Apr 15	10:00	10	1.00	SHC	£25	£15	B

Circuit Training with Weights - All Levels

A1921	Monday	22 Sep 14	18:30	10	1.00	SHC	£25	£15	B
B2268	Monday	12 Jan 15	18:30	10	1.00	SHC	£25	£15	B
C2269	Monday	13 Apr 15	18:30	10	1.00	SHC	£25	£15	B

Fitness for Weight Loss - Beginners

A2422	Friday	26 Sep 14	09:30	10	1.50	SHC	£38	£23	B
B2423	Friday	16 Jan 15	09:30	10	1.50	SHC	£38	£23	B
C2424	Friday	17 Apr 15	09:30	10	1.50	SHC	£38	£23	B

Fitness for Weight Loss for Women - Beginners

A2419	Tuesday	23 Sep 14	09:30	10	1.50	ISW	£38	£23	B
B2420	Tuesday	13 Jan 15	09:30	10	1.50	ISW	£38	£23	B
C2421	Tuesday	14 Apr 15	09:30	10	1.50	ISW	£38	£23	B

High Intensity Interval Training (HIIT) - Beginners

A2467	Friday	26 Sep 14	12:30	10	1.00	SHC	£25	£15	B
B2468	Friday	16 Jan 15	12:30	10	1.00	SHC	£25	£15	B
C2469	Friday	17 Apr 15	12:30	10	1.00	SHC	£25	£15	B

Legs, Bums, Tums for Women - All Levels

A2299	Saturday	27 Sep 14	11:15	10	1.00	SHC	£25	£15	B
B2300	Saturday	17 Jan 15	11:15	10	1.00	SHC	£25	£15	B
C2202	Saturday	18 Apr 15	11:15	10	1.00	SHC	£25	£15	B



Course Code	Day of Week	Timetable				Venue	Course Fees		
		Start Date	Start Time	No Weeks	Hrs Per Week		Full Fee	Concessionary	Band
Legs, Bums, Tums for Women - All Levels									
A1918	Wednesday	24 Sep 14	18:30	10	1.00	SHC	£25	£15	B
B1919	Wednesday	14 Jan 15	18:30	10	1.00	SHC	£25	£15	B
C1920	Wednesday	15 Apr 15	18:30	10	1.00	SHC	£25	£15	B
Sports Conditioning for Men - All Levels									
A2413	Tuesday	23 Sep 14	18:30	10	1.00	SHC	£25	£15	B
B2414	Tuesday	13 Jan 15	18:30	10	1.00	SHC	£25	£15	B
C2415	Tuesday	14 Apr 15	18:30	10	1.00	SHC	£25	£15	B
Walkie Talkie - Introduction to Guiding in Tower Hamlets (part 1) - Entry Level									
A2439	Wednesday	24 Sep 14	18:30	5	2.00	SHC	£25	£15	B
C2444	Wednesday	15 Apr 15	18:30	5	2.00	SHC	£25	£15	B
Walkie Talkie - Introduction to Guiding in Tower Hamlets (part 2) - Entry Level									
A2460	Wednesday	05 Nov 14	18:30	5	2.00	SHC	£25	£15	B
C2461	Wednesday	03 Jun 15	18:30	5	2.00	SHC	£25	£15	B
Zumba - All Levels									
A2283	Thursday	25 Sep 14	18:30	10	1.00	SHC	£25	£15	B
B2284	Thursday	15 Jan 15	18:30	10	1.00	SHC	£25	£15	B
C2285	Thursday	16 Apr 15	18:30	10	1.00	SHC	£25	£15	B
Zumba for Women - All Levels									
A2363	Thursday	25 Sep 14	12:00	10	1.00	ISW	£25	£15	B
A2326	Saturday	27 Sep 14	12:30	10	1.00	SHC	£25	£15	B
B2364	Thursday	15 Jan 15	12:00	10	1.00	ISW	£25	£15	B
B2366	Saturday	17 Jan 15	12:30	10	1.00	SHC	£25	£15	B
C2365	Thursday	16 Apr 15	12:00	10	1.00	ISW	£25	£15	B
C2367	Saturday	18 Apr 15	12:30	10	1.00	SHC	£25	£15	B
Pilates									
Pilates Body Conditioning - Beginners									
A3206	Monday	22 Sep 14	18:00	10	1.50	SHC	£38	£23	B
B2273	Monday	12 Jan 15	18:00	10	1.50	SHC	£38	£23	B
C1590	Monday	13 Apr 15	18:00	10	1.50	SHC	£38	£23	B
Pilates Body Conditioning - Intermediate									
A3207	Monday	22 Sep 14	19:30	10	1.00	SHC	£25	£15	B
A3296	Thursday	25 Sep 14	10:00	10	1.50	ISW	£38	£23	B
B2253	Monday	12 Jan 15	19:30	10	1.00	SHC	£25	£15	B
B2254	Thursday	15 Jan 15	10:00	10	1.50	ISW	£38	£23	B
C2259	Monday	13 Apr 15	19:30	10	1.00	SHC	£25	£15	B
C2255	Thursday	16 Apr 15	10:00	10	1.50	ISW	£38	£23	B
Pilates Exercise - All Levels									
A2470	Wednesday	24 Sep 14	18:00	10	1.00	SHC	£25	£15	B
B2471	Wednesday	14 Jan 15	18:00	10	1.00	SHC	£25	£15	B
C2472	Wednesday	15 Apr 15	18:00	10	1.00	SHC	£25	£15	B
Pilates Exercise for Women - Beginners									
A1510	Tuesday	23 Sep 14	10:00	10	1.50	SHC	£38	£23	B
B1550	Tuesday	13 Jan 15	10:00	10	1.50	SHC	£38	£23	B
C1587	Tuesday	14 Apr 15	10:00	10	1.50	SHC	£38	£23	B





Course Code	Timetable					Venue	Full Fee	Course Fees	
	Day of Week	Start Date	Start Time	No Weeks	Hrs Per Week			Concessionary	Band
Pilates for Absolute Beginners									
A2341	Thursday	25 Sep 14	13:30	10	1.50	ISW	£38	£23	B
Pilates for Beginners - Beginners									
B2342	Thursday	15 Jan 15	13:30	10	1.50	ISW	£38	£23	B
C2343	Thursday	16 Apr 15	13:30	10	1.50	ISW	£38	£23	B
Pilates for Men - All Levels									
B2458	Wednesday	14 Jan 15	19:15	10	1.00	SHC	£25	£15	B
C2459	Wednesday	15 Apr 15	19:15	10	1.00	SHC	£25	£15	B
Tai Chi									
Get Started in Tai Chi (Yang Style) with Qi Gong - Beginners									
A2270	Saturday	27 Sep 14	11:30	10	1.50	ISW	£38	£23	B
B2271	Saturday	17 Jan 15	11:30	10	1.50	ISW	£38	£23	B
C2272	Saturday	18 Apr 15	11:30	10	1.50	ISW	£38	£23	B
Short Form Tai Chi - Beginners									
A2464	Thursday	25 Sep 14	19:45	10	1.00	SHC	£25	£15	B
B2465	Thursday	15 Jan 15	19:45	10	1.00	SHC	£25	£15	B
C2466	Thursday	16 Apr 15	19:45	10	1.00	SHC	£25	£15	B
Tai Chi (Yang Style) with Qi gong - Intermediate									
A2102	Saturday	27 Sep 14	10:00	10	1.50	ISW	£38	£23	B
B2103	Saturday	17 Jan 15	10:00	10	1.50	ISW	£38	£23	B
C2104	Saturday	18 Apr 15	10:00	10	1.50	ISW	£38	£23	B
Self Defence									
Martial Arts Workshop - All Levels									
B2462	Saturday	17 Jan 15	15:15	10	1.00	ISW	£25	£15	B
C2463	Saturday	18 Apr 15	15:15	10	1.00	ISW	£25	£15	B
Parent and Child Kung Fu (Children 5 - 15 Years) Max 2 Children per parent - Beginners									
A2431	Tuesday	23 Sep 14	16:30	10	1.00	SHC	£25	£15	B
B2432	Tuesday	13 Jan 15	16:30	10	1.00	SHC	£25	£15	B
C2433	Tuesday	14 Apr 15	16:30	10	1.00	SHC	£25	£15	B
Self Defence - Standing and Ground Fighting - Beginners									
A2286	Saturday	27 Sep 14	13:30	10	1.50	ISW	£38	£23	B
Self Defence - Standing and Ground Fighting - Improvers									
B2287	Saturday	17 Jan 15	13:30	10	1.50	ISW	£38	£23	B
Self Defence - Standing and Ground Fighting - Intermediate									
C2288	Saturday	18 Apr 15	13:30	10	1.50	ISW	£38	£23	B
Yoga									
Antenatal Yoga - Beginners									
A2451	Monday	22 Sep 14	10:00	5	1.50	SHC	£19	£12	B
B2452	Monday	12 Jan 15	10:00	5	1.50	SHC	£19	£12	B
C2453	Monday	13 Apr 15	10:00	5	1.50	SHC	£19	£12	B
Chair-based Yoga - All Levels									
A2111	Friday	26 Sep 14	10:00	10	1.00	ISB	£25	£15	B
B2112	Friday	16 Jan 15	10:00	10	1.00	ISB	£25	£15	B
C2113	Friday	17 Apr 15	10:00	10	1.00	ISB	£25	£15	B



Course Code	Day of Week	Timetable				Venue	Course Fees		
		Start Date	Start Time	No Weeks	Hrs Per Week		Full Fee	Concessionary	Band
Lunchtime Yoga - Hatha - All Levels									
A2293	Wednesday	24 Sep 14	12:30	10	1.00	ISW	£25	£15	B
B2205	Wednesday	14 Jan 15	12:30	10	1.00	ISW	£25	£15	B
C2206	Wednesday	15 Apr 15	12:30	10	1.00	ISW	£25	£15	B
Postnatal Yoga for Women and babies 2 months -12 months (One baby per mother/carer) - Beginners									
A2454	Monday	03 Nov 14	10:00	5	1.50	SHC	£19	£12	B
B2455	Monday	23 Feb 15	10:00	5	1.50	SHC	£19	£12	B
C2456	Monday	01 Jun 15	10:00	5	1.50	SHC	£19	£12	B
Yoga - Hatha - Beginners									
A2093	Monday	22 Sep 14	18:00	10	1.50	ISW	£38	£23	B
A2114	Tuesday	23 Sep 14	18:00	10	1.50	SHC	£38	£23	B
B2094	Monday	12 Jan 15	18:00	10	1.50	ISW	£38	£23	B
B2252	Tuesday	13 Jan 15	18:00	10	1.50	SHC	£38	£23	B
C2095	Monday	13 Apr 15	18:00	10	1.50	ISW	£38	£23	B
C2122	Tuesday	14 Apr 15	18:00	10	1.50	SHC	£38	£23	B
Yoga - Hatha - Intermediate									
A2428	Monday	22 Sep 14	19:45	10	1.00	ISW	£25	£15	B
A2120	Tuesday	23 Sep 14	19:45	10	1.00	SHC	£25	£15	B
B2361	Monday	12 Jan 15	19:45	10	1.00	ISW	£25	£15	B
B2204	Tuesday	13 Jan 15	19:45	10	1.00	SHC	£25	£15	B
C2362	Monday	13 Apr 15	19:45	10	1.00	ISW	£25	£15	B
C2116	Tuesday	14 Apr 15	19:45	10	1.00	SHC	£25	£15	B
Yoga - Hatha for Women - All Levels									
A2117	Thursday	25 Sep 14	10:00	10	1.50	SHC	£38	£23	B
B2118	Thursday	15 Jan 15	10:00	10	1.50	SHC	£38	£23	B
C2119	Thursday	16 Apr 15	10:00	10	1.50	SHC	£38	£23	B
Swimming									
Mother and Baby Swimming 3 months-23 months (One child per parent) - Beginners									
A1897	Thursday	25 Sep 14	15:45	10	0.50	SHS	£13	£8	B
B1895	Thursday	15 Jan 15	15:45	10	0.50	SHS	£13	£8	B
C1896	Thursday	16 Apr 15	15:45	10	0.50	SHS	£13	£8	B
Mother and Child Swimming 2- 4 years (One child per parent) - Beginners									
A1894	Thursday	25 Sep 14	16:15	10	0.50	SHS	£13	£8	B
B1898	Thursday	15 Jan 15	16:15	10	0.50	SHS	£13	£8	B
C1899	Thursday	16 Apr 15	16:15	10	0.50	SHS	£13	£8	B
Parent and Baby Swimming 3 months-23 months (One child per parent) - Beginners									
A1888	Monday	22 Sep 14	16:30	10	0.50	SHS	£13	£8	B
B1889	Monday	12 Jan 15	16:30	10	0.50	SHS	£13	£8	B
C1890	Monday	20 Apr 15	16:30	10	0.50	SHS	£13	£8	B
Parent and Child Swimming 2-4 years (One child per parent) - Beginners									
A1891	Monday	22 Sep 14	17:00	10	0.50	SHS	£13	£8	B
B1892	Monday	12 Jan 15	17:00	10	0.50	SHS	£13	£8	B
C1893	Monday	20 Apr 15	17:00	10	0.50	SHS	£13	£8	B

Fit4sport Sport Sunday

Every Sunday we're running different types of sports located in the Poplar and Limehouse area. A great way to try a new activity, meet new friends and stay healthy. Each session costs only £1 and is supervised by a qualified coach. Open to all aged 14+. You can try:

- Athletics
- Badminton
- Boxing
- Cricket
- Dance
- Football
- Table Tennis
- Tag Rugby
- Tennis
- Volleyball



Find out more about all the sports on offer, advice and guidance on a healthy lifestyle provided by professional **Health Trainers**, the **Qualifications** we'll be offering and **Funding** available for setting up your own sport club.

Get involved and sign up

 @Fit4SportPL

 facebook.com/Fit4SportPoplarLimehouse

 020 7364 7075

Fit4Sport is a partnership project funded by:



Managed by:

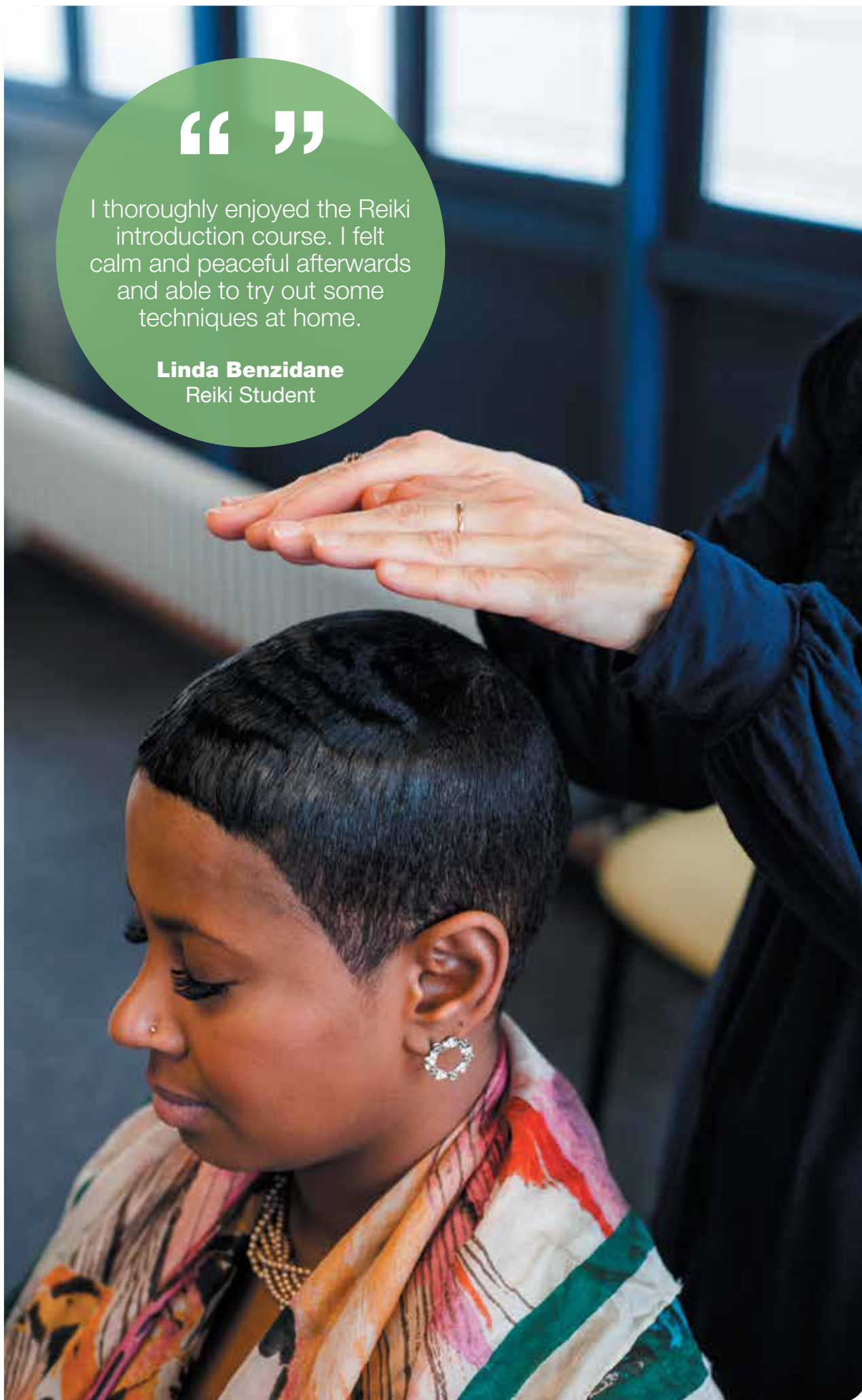




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I thoroughly enjoyed the Reiki introduction course. I felt calm and peaceful afterwards and able to try out some techniques at home.

Linda Benzidane
Reiki Student





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 reflexology.

A selection of courses are:

- Learn Basic Massage Routines
- Learn Indian Head Massage
- Learn Basic Beauty Techniques
- Introduction of Aromatherapy Techniques
- Introduction to Life Coaching
- Welcome to Shiatsu Massage

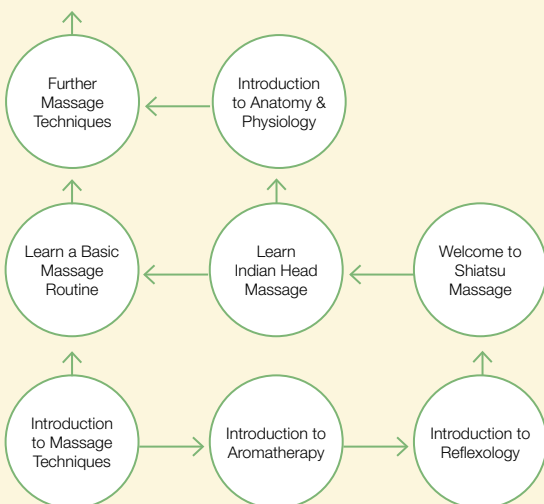
We also offer short courses and weekend workshops in improving general wellbeing, including Reiki, Life Coaching, Self-Esteem Enhancement, Stress Relief through Mindfulness and Healthy Lifestyles.



Fitness, Health and Wellbeing

Progression Route Health and Wellbeing

Employment



Case study

Nasima Begum

Introduction to Life Coaching

“Life coaching is something I have wanted to do for a while as I had seen the benefits from working alongside a life coach who inspired me to grab this opportunity. I found the course very helpful, as first and foremost, it helped me put my life in order.

“I am a person who likes to keep busy but it is very hard to tell myself to stop. This course helped me to manage my life better, prioritise what I needed to do and eliminate any distractions to keep me focused on the most important things in my life.

“It helped create a balance and enabled me to believe in making changes for myself so I can pursue doing what I love. Overall, the course was very enjoyable and the tutor was organised, helpful and resourceful.

“I am now working towards becoming a fully certified life coach and I help coach young people. If there is one thing I have learnt from my experience it is that we should not underestimate our capabilities – that is the beauty of life coaching!”





Course Code	Day of Week	Timetable				Venue	Course Fees		
		Start Date	Start Time	No Weeks	Hrs Per Week		Full Fee	Concessionary	Band
Health and Wellbeing for You									
Introduction to Anatomy, Physiology and Pathology - Beginners									
A2484	Monday	22 Sep 14	18:30	10	2.50	ISW	£81	£56	C
Introduction to Healthy Lifestyles - Beginners									
B2406	Monday	23 Feb 15	09:30	5	1.50	SHC	£25	£17	C
Learn Basic Beauty Techniques - Beginners									
C2483	Saturday	18 Apr 15	10:00	5	2.50	ISW	£41	£29	C
Counselling and Personal Development									
Introduction to Creative Thinking Skills - Beginners									
C2404	Thursday	23 Apr 15	18:30	5	2.50	ISW	£41	£29	C
Introduction to Life Coaching - Beginners									
A2403	Wednesday	05 Nov 14	18:30	5	2.50	ISW	£41	£29	C
B2387	Wednesday	25 Feb 15	18:30	5	2.50	ISW	£41	£29	C
Introduction to Mindfulness and Wellbeing - Beginners									
B2480	Saturday	28 Feb 15	10:00	5	2.50	ISW	£41	£29	C
The Power of Self Esteem - Self Esteem Enhancement - Beginners									
C2485	Saturday	25 Apr 15	13:30	5	3.00	ISW	£120	£120	E
Massage									
Further Massage Techniques - Improvers									
C2429	Wednesday	15 Apr 15	18:00	5	3.00	ISW	£49	£34	C
Introduction to 5 Element Shiatsu Massage - Beginners									
B2481	Saturday	28 Feb 15	13:30	5	2.50	ISW	£41	£29	C
C2482	Saturday	06 Jun 15	13:30	5	2.50	ISW	£41	£29	C
Introduction to Massage Techniques - Beginners									
A2374	Wednesday	05 Nov 14	18:30	5	2.50	ISW	£41	£29	C
Introduction to Massage Techniques for Women - Beginners									
B2392	Wednesday	14 Jan 15	18:30	5	2.50	ISW	£41	£29	C
Learn Indian Head Massage Techniques - Beginners									
C2393	Tuesday	21 Apr 15	18:30	5	2.50	ISW	£41	£29	C
Learn a Basic Massage Routine (Family and Friends - please enrol in pairs) - Beginners									
C2394	Tuesday	02 Jun 15	18:30	5	2.50	ISW	£41	£29	C
Reflexology and Aromatherapy									
Introduction to Reflexology Techniques - Beginners									
B2369	Tuesday	13 Jan 15	18:30	5	2.50	ISW	£41	£29	C
Introduction to Aromatherapy Techniques - Beginners									
B2372	Tuesday	24 Feb 15	18:30	5	2.50	ISW	£41	£29	C
Reiki									
Reiki - Level 1									
A2170	Saturday	08 Nov 14	10:00	5	2.50	ISW	£41	£29	C
C2451	Saturday	06 Jun 15	10:00	5	2.50	ISW	£41	£29	C





Course Code	Timetable					Course Fees			
	Day of Week	Start Date	Start Time	No Weeks	Hrs Per Week	Venue	Full Fee	Concessionary	Band
Weekend Workshops - Beginners									
Aromatherapy									
A2475	Saturday	18 Oct 14	10:00	1	3.00	ISW	£7	£7	WS
Basic Massage Routine (Family and Friends - please enrol in pairs)									
A2048	Sunday	28 Sep 14	11:00	1	3.00	ISW	£7	£7	WS
B2266	Sunday	08 Mar 15	11:00	1	3.00	ISW	£7	£7	WS
Creative Thinking									
B2477	Saturday	24 Jan 15	10:00	1	3.00	ISW	£7	£7	WS
Healthy Lifestyles									
B2478	Saturday	31 Jan 15	10:00	1	2.00	ISW	£5	£5	WS
Indian Head Massage									
A2037	Sunday	12 Oct 14	11:00	1	3.00	ISW	£7	£7	WS
B2262	Sunday	18 Jan 15	11:00	1	3.00	ISW	£7	£7	WS
Life Coaching									
A2381	Saturday	01 Nov 14	13:00	1	3.00	ISW	£7	£7	WS
B2386	Saturday	21 Feb 15	13:00	1	3.00	ISW	£7	£7	WS
Mini Basic Facials									
A2473	Saturday	04 Oct 14	10:00	1	3.00	ISW	£7	£7	WS
Mini Manicures									
A2474	Saturday	11 Oct 14	10:00	1	3.00	ISW	£7	£7	WS
Reflexology									
A2476	Saturday	25 Oct 14	10:00	1	3.00	ISW	£7	£7	WS
Reiki									
A2390	Saturday	01 Nov 14	10:00	1	3.00	ISW	£7	£7	WS
C2197	Saturday	23 May 15	10:00	1	3.00	ISW	£7	£7	WS
Self Esteem Enhancement (SEE)									
B2440	Saturday	17 Jan 15	10:00	1	3.00	ISW	£7	£7	WS
Stress Relief through Mindfulness									
B2479	Saturday	07 Feb 15	10:30	1	2.00	ISW	£5	£5	WS
Welcome to Shiatsu Massage									
B2198	Saturday	07 Feb 15	13:30	1	3.00	ISW	£7	£7	WS
C2147	Saturday	23 May 15	13:30	1	3.00	ISW	£7	£7	WS

