



*I just want to*



# *KEEP FIT*

*That's What Will Help Me*



# Fitness

## Learning to use exercise to stay healthy

If staying healthy through exercise is what you want then we have a class for you. Yoga, Pilates, Tai Chi and Zumba® are all available for you to choose. You could also choose from Circuit Training, Aerobics or Jogging. Classes are tailored to meet your needs, grouped on ability and available for those with particular needs. We offer family learning classes for parents and children.

The courses are;

- Aerobics
- Zumba®
- Body Conditioning for Women
- Pilates and Body Conditioning
- Yoga
- Parent and Child Swimming

## Qualifying to work in exercise instruction

We can offer you qualifications that lead to employment in exercise. Do you want to teach exercise to others?

We have industry standard qualifications that would allow you to work in gyms and spas or work for yourself.

The courses are;

- YMCA®/fit Exercise to Music – level 2
- YMCA®/fit Gym Instructor Award – level 2

## Develop and build your fitness and exercise skills

Whether competing in weightlifting, training for a marathon or simply maintaining strength and stamina there are good opportunities for you to join with and meet people who share your goals. Keep fit and exercise classes are available in a good range of venues across the borough.

The courses are;

- Tai Chi – Intermediate & Advanced
- Pilates – Intermediate
- Olympic Weight Lifting – Intermediate
- 60+ Yoga

### Progression Route





Course Code	Timetable					Venue	Fees (includes basic materials & exam)	
	Day of Week	Start Date	Start Time	No Weeks	Hrs Per Week		Standard	Concessionary
<b>Fitness</b>								
<b>Aerobics - All Levels</b>								
B2207	Tuesday	10 Jan 2012	18:30	10	1.00	SHC	£22	£10
C2208	Tuesday	17 Apr 2012	18:30	10	1.00	SHC	£22	£10
<b>Bando Kickboxing - All Levels</b>								
B2278	Saturday	14 Jan 2012	14:00	10	1.00	ISW	£22	£10
C2279	Saturday	21 Apr 2012	14:00	10	1.00	ISW	£22	£10
<b>Body Conditioning for Women - All Levels</b>								
B1925	Friday	13 Jan 2012	10:15	10	1.00	SHC	£22	£10
C1926	Friday	20 Apr 2012	10:15	10	1.00	SHC	£22	£10
<b>Circuit Training - All levels</b>								
B2275	Saturday	14 Jan 2012	10:00	10	1.00	SHC	£22	£10
C2276	Saturday	21 Apr 2012	10:00	10	1.00	SHC	£22	£10
<b>Circuit Training with Weights - All Levels</b>								
B2268	Monday	06 Sep 2011	18:30	10	1.00	SHC	£22	£10
C2269	Monday	16 Apr 2012	18:30	10	1.00	SHC	£22	£10
<b>Legs, Bums, Tums - All levels</b>								
B1919	Wednesday	11 Jan 2012	18:30	10	1.00	SHC	£22	£10
B2300	Saturday	14 Jan 2012	10:30	10	1.00	ISB	£22	£10
C1920	Wednesday	18 Apr 2012	18:30	10	1.00	SHC	£22	£10
C2202	Saturday	01 Oct 2011	10:30	10	1.00	ISB	£22	£10
<b>Self Defence - All Levels</b>								
B2287	Saturday	14 Jan 2012	13:00	10	1.00	ISW	£22	£10
C2288	Saturday	21 Apr 2012	13:00	10	1.00	ISW	£22	£10
<b>Zumba® - All levels</b>								
B2284	Thursday	12 Jan 2012	18:30	10	1.00	ISW	£22	£10
C2285	Thursday	19 Apr 2012	18:30	10	1.00	ISW	£22	£10
<b>Short Jogging Sessions - All Levels</b>								
C2292	Wednesday	18 Apr 2012	11:30	10	0.40	KEM	£9	£4





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	Day of Week	Start Date	Start Time	No Weeks	Hrs Per Week		Standard	Concessionary
<b>Pilates</b>								
<b>Pilates Body Conditioning - Beginners</b>								
B2273	Monday	09 Jan 2012	18:00	10	1.50	SHC	£33	£14
C1590	Monday	16 Apr 2012	18:00	10	1.50	SHC	£33	£14
<b>Pilates Body Conditioning - Intermediate</b>								
B2253	Wednesday	11 Jan 2012	18:00	10	1.50	ISW	£33	£14
B2254	Thursday	12 Jan 2012	10:00	10	1.50	ISW	£33	£14
C2259	Wednesday	18 Apr 2012	18:00	10	1.50	ISW	£33	£14
C2255	Thursday	19 Apr 2012	10:00	10	1.50	ISW	£33	£14
<b>Pilates Exercise for Women - Beginners</b>								
B1550	Tuesday	10 Jan 2012	10:00	10	1.50	SHC	£33	£14
C1587	Tuesday	17 Apr 2012	10:00	10	1.50	SHC	£33	£14
<b>Pilates Exercise, Stretch and Relaxation - Improvers</b>								
B2244	Thursday	12 Jan 2012	18:30	10	1.50	SHC	£33	£14
C1588	Thursday	19 Apr 2012	18:30	10	1.50	SHC	£33	£14

<b>Tai Chi</b>								
<b>Get Started in Tai Chi (Yang Style) with Qi Gong - Beginners</b>								
B2271	Saturday	14 Jan 2012	12:00	10	1.00	BGC	£22	£10
C2272	Saturday	21 Apr 2012	12:00	10	1.00	BGC	£22	£10
<b>Tai Chi (Yang Style) with Qi Gong - Intermediate</b>								
B2103	Saturday	14 Jan 2012	11:00	10	1.00	BGC	£22	£10
C2104	Saturday	21 Apr 2012	11:00	10	1.00	BGC	£22	£10
<b>Tai Chi (Yang Style) with Qi Gong - Advanced</b>								
B2316	Saturday	14 Jan 2012	10:00	10	1.00	BGC	£22	£10
C2317	Saturday	21 Apr 2012	10:00	10	1.00	BGC	£22	£10
<b>Tai Chi Yoga - All Levels</b>								
B2290	Saturday	14 Jan 2012	12:00	10	1.00	ISW	£22	£10
C2291	Saturday	21 Apr 2012	12:00	10	1.00	ISW	£22	£10

<b>Yoga</b>								
<b>Hatha for Women - All Levels</b>								
B2118	Thursday	12 Jan 2012	10:00	10	1.50	SHC	£33	£14
C2119	Thursday	19 Apr 2012	10:00	10	1.50	SHC	£33	£14
<b>Hatha - Beginners</b>								
B2094	Monday	09 Jan 2012	18:00	10	1.50	BGC	£33	£14
B2252	Tuesday	10 Jan 2012	18:00	10	1.50	ISW	£33	£14
B2302	Wednesday	11 Jan 2012	10:00	10	1.50	BGC	£33	£14
C2095	Monday	16 Apr 2012	18:00	10	1.50	BGC	£33	£14
C2122	Tuesday	17 Apr 2012	18:00	10	1.50	ISW	£33	£14
C2303	Wednesday	18 Apr 2012	10:00	10	1.50	BGC	£33	£14
<b>Hatha - All levels</b>								
B2204	Wednesday	11 Jan 2012	18:30	10	1.50	SHC	£33	£14
B2205	Wednesday	11 Jan 2012	12:30	10	1.00	ISCW	£22	£10
C2116	Wednesday	18 Apr 2012	18:30	10	1.50	SHC	£33	£14
C2206	Wednesday	18 Apr 2012	12:30	10	1.00	ISCW	£22	£10



Course Code	Timetable					Venue	Fees (includes basic materials & exam)	
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<b>Yoga - Pre and Post Natal - All Levels</b>								
B2097	Monday	09 Jan 2012	10:00	5	1.50	ISW	£17	£7
C2098	Monday	30 Apr 2012	10:00	5	1.50	ISW	£17	£7
<b>60+ Yoga - All Levels</b>								
B2305	Wednesday	11 Jan 2012	14:30	10	1.00	ISCS	£22	£10
B2112	Friday	13 Jan 2012	10:00	10	1.00	ISB	£22	£10
C2306	Wednesday	11 Jan 2012	14:30	10	1.00	ISCS	£22	£10
C2113	Friday	20 Apr 2012	10:00	10	1.00	ISB	£22	£10

<b>Weight/Power and Olympic Lifting</b>								
<b>Olympic Lifting - Beginners</b>								
B2245	Saturday	14 Jan 2012	10:00	10	2.00	BGC	£44	£19
C1612	Saturday	21 Apr 2012	10:00	10	2.00	BGC	£44	£19
<b>Olympic Lifting - Intermediate</b>								
B1564	Wednesday	11 Jan 2012	18:00	10	2.00	BGC	£44	£19
B1565	Thursday	12 Jan 2012	10:30	10	2.00	BGC	£44	£19
B2310	Friday	13 Jan 2012	18:00	10	2.00	BGC	£44	£19
C1608	Wednesday	18 Apr 2012	18:00	10	2.00	BGC	£44	£19
C1609	Thursday	19 Apr 2012	10:30	10	2.00	BGC	£44	£19
C2311	Friday	20 Apr 2012	18:00	10	2.00	BGC	£44	£19
<b>Weight/Power Lifting - All Levels</b>								
B1560	Monday	09 Jan 2012	18:00	10	2.00	BGC	£45	£45
B1563	Tuesday	10 Jan 2012	18:00	10	2.00	BGC	£45	£45
B2091	Tuesday	10 Jan 2012	10:30	10	2.00	BGC	£45	£45
B1567	Thursday	12 Jan 2012	18:00	10	2.00	BGC	£45	£45
C1604	Monday	16 Apr 2012	18:00	10	2.00	BGC	£45	£45
C1607	Tuesday	17 Apr 2012	18:00	10	2.00	BGC	£45	£45
C2092	Tuesday	17 Apr 2012	10:30	10	2.00	BGC	£45	£45
C1611	Thursday	19 Apr 2012	18:00	10	2.00	BGC	£45	£45
<b>Weight/Power Lifting - Intermediate</b>								
B1568	Saturday	14 Jan 2012	12:00	10	2.00	BGC	£45	£45
C2308	Saturday	21 Apr 2012	12:00	10	2.00	BGC	£45	£45



**Early bird offer!**  
10% off standard fee  
when you enrol on  
2 or more classes  
before Sunday 11 December



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**Swimming - One Term Only**

**Mother and Child Swimming 3 Months-23 Months (One child per parent) - Beginners**

B1889	Monday	09 Jan 2012	16:30	10	0.75	SHS	FREE	FREE
B1895	Thursday	12 Jan 2012	15:45	10	0.50	SHS	FREE	FREE
B1898	Thursday	12 Jan 2012	16:15	10	0.50	SHS	FREE	FREE
C1890	Monday	16 Apr 2012	16:30	10	0.75	SHS	FREE	FREE
C1896	Thursday	19 Apr 2012	15:45	10	0.50	SHS	FREE	FREE
C1899	Thursday	19 Apr 2012	16:15	10	0.50	SHS	FREE	FREE

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

B1892	Monday	09 Jan 2012	17:15	10	0.75	SHS	FREE	FREE
B2313	Thursday	12 Jan 2012	16:45	10	0.75	SHS	FREE	FREE
C1893	Monday	16 Apr 2012	17:15	10	0.75	SHS	FREE	FREE
C2314	Thursday	19 Apr 2012	16:45	10	0.75	SHS	FREE	FREE

**Family Yoga**

**Yoga Bugs (2 and a half years and up only) Enrol in Pairs - Beginners**

B2248	Monday	20 Feb 2012	11:30	5	0.75	ISCW	£11	£5
B2295	Tuesday	10 Jan 2012	11:30	5	0.75	ISW	£11	£5
B2297	Wednesday	11 Jan 2012	11:30	5	0.75	ISB	£11	£5
C2257	Wednesday	23 Apr 2011	11:30	5	0.75	ISCW	£11	£5

**Parent and child Fitness**

**Family Learning Exercise - All Levels**

B2281	Monday	09 Jan 2012	16:15	10	1.00	BGC	FREE	FREE
C2282	Monday	16 Apr 2012	16:15	10	1.00	BGC	FREE	FREE

**Family Learning (Orienteering)**

**Orienteering for the Family (Children 5-15 years) - Beginners**

B3802	Sunday	15 Jan 2012	13:00	4	2.50	ISB	FREE	FREE
C3803	Sunday	22 Apr 2012	13:00	4	2.50	ISB	FREE	FREE

**Fitness**

**YMCA ® Fit Gym Instructor**

B2321	Mon - Fri	16 Jan 2012	09:30	4	35.00	SHC	£550	£95
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**YMCA ® Fit Exercise to Music**

B2323	Mon - Fri	27 Feb 2012	09:30	4	35.00	SHC	£550	£95
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# Qualify as a Gym Instructor

## Do you want to work as a gym instructor within a health and fitness club?

The gym floor is vibrant, varied, often challenging and most of all, fun. You will have the opportunity to improve customers' overall well-being, enhance their fitness levels, improve their confidence and help them train for specific sports or events. You will be designing tailored gym programmes, encouraging gym users to train effectively and ensuring that they work out safely.

# 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 a 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 the following information session

Venue	Shadwell Centre
Date	Monday 9th January 2012 10:00am - 12:00pm

**For further information, text 'leap' and your name to 88020, email [ideastorelearning@towerhamlets.gov.uk](mailto:ideastorelearning@towerhamlets.gov.uk) or call to leave your details on 020 7364 5665 and a member of the team will call you back.**

