

# HEALTH AND FITNESS

## Location Key:

BAC = Brady Arts Centre  
 BGC = Bethnal Green Centre  
 BTC = Bethnal Green Technology College  
 ISW = Idea Store Whitechapel  
 SHC = Shadwell Centre

## WANT TO BECOME A QUALIFIED FITNESS INSTRUCTOR?



## Get Qualified in Health and Fitness Instruction

### Get Qualified in Fitness Instructing

Are you interested in becoming a fitness instructor? In three sessions you will discover what skills, knowledge and training will be required. Try this course before you commit to our fully accredited YMCA Instructor courses starting in April 2008, October 2008 and April 2009. Enrol now or call **Denise Henley** on **0207 364 2652** for more information.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Tues	10:15 - 15:45	10-Jun-08	3	Beg	N	C2011	SHC	£25/10

### YMCA Studio Instructor

If you enjoy leaping around in fitness classes why not take a step out of the front row and train to teach them. This could be your start to an exciting new career. Qualifying on this level 2 certificate, expertly delivered by YMCAfit, opens up the opportunities for you to work in the fitness industry. Qualify to teach exercise to music on this course and then you can add other fitness teaching modules like personal training to your repertoire. With a lot of hard work you could take that leap from teaching local classes to world wide fame presenting a celebrity dvd. Begin today and call **Denise Henley** on **0207 364 2652** for course costs, to arrange a meeting, and enrol. Creche and low costs available. See you in the studio!

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Tues, Wed Thurs	10:00 - 15:00	29-Apr-08	9	2	Y	C2012	SHC	£on request

### Don't Delay...

# Enrol today

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Enrol early for your course and don't be disappointed. If you know the course you want to enrol on ask at any Idea Store or Learning Centre, or call **020 7364 5665**

## Get Fit and Healthy Fitness

### Body Conditioning

This challenging course is designed to improve the shape, tone and strength of your body. You'll use an exercise circuit containing a range of exercises that may use hand weights, dyna bands, and floor work. The course covers correct warming up and posture, floor exercise to work specific muscle groups and much more.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Mon	10:15 -11:15	21-Apr-08	10	All	N	C1914	SHC	£25/10

### Boxercise and Gym Circuit for Women

Combine a general exercise session with a fun and stress busting boxercise workout. The course is great for all levels of fitness. We start each class with a warm-up and boxercise to work your heart and lungs. Then tone all your major muscle groups on the gym equipment. A creche is available.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Wed	10:00 - 11:30	23-Apr-08	10	All	N	C1574	BGC	£36/15

### Wednesday Morning Circuit

Based in a gym uses a circuit format this intermediate level course provides a varied programme to improve cardiovascular fitness, muscular strength, flexibility and body shape. Designed to get results! If required a creche is available.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Wed	10:15 -11:15	23-Apr-08	10	Int	N	C1902	SHC	£25/10

### Get Started in Circuit Training

This is a more relaxed approach to a circuit class. Exercise your way through enjoyable workout activities at a safe and steady pace. Work to your own capabilities to achieve positive results.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Wed	11:15 - 12:15	23-Apr-08	10	Beg	N	C1905	SHC	£25/10

“

Over 11,500 people enrolled with Idea Store  
learning in 2006-2007.

”

## Jump Squat and Crunch

This varied fast-paced fitness class will challenge your body. It's a great opportunity to burn calories and end each session strengthening up your abdominals.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Wed	18:00 - 19:00	23-Apr-08	10	All	N	C1920	SHC	£25/10

## Awesome Abs Workout

Banish your belly! This course focuses on core body strength and incorporates new approaches to bringing about toned abdominal muscular definition.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Wed	19:00 - 20:00	23-Apr-08	10	Int	N	C1923	SHC	£25/10

## Jump Sweat and Stretch

This varied fast-paced fitness class will challenge your body. It's a great opportunity to burn calories and end each session strengthening up your abdominals.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Fri	10:15 - 11:15	25-Apr-08	10	All	N	C1926	SHC	£25/10

## Body Conditioning For Women

A conditioning course focusing on improving the shape, tone and strength of the body. Learners are encouraged to work at their own pace in a friendly environment. A great course to begin or return to exercise. Creche available.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Fri	10:00 - 11:30	25-Apr-08	10	All	N	C1572	BGC	£36/15

## Martial Arts and Self Defence

### Get Started in Shaolin Martial Arts

Shaolin is an ancient Chinese non-contact martial art, designed to avoid conflict and to discipline the mind, body and spirit. On the Get Started course you will cover the basic Shaolin exercises, boxing form and self-defence.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Mon	18.30 - 20:00	21-Apr-08	10	Beg	N	C1601	STMS	£36/15

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## Shaolin Martial Arts

The intermediate level course is suitable for learners with good fitness and co-ordination and who have completed a Get Started course or regularly participate in Shaolin.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Mon	19:30 - 21:00	21-Apr-08	10	Int	N	C1602	STMS	£36/15

## Get Started In Tai Chi (Yang Style) With Qi Gong

T'ai chi is a traditional Chinese exercise form which involves practising a slow sequence of linked movements (forms) to promote health and well being. Our Get Started in T'ai Chi with Qi Gong class introduces 24-form, and develops your stamina, strength, mobility and flexibility.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Mon	18:00 - 19:30	21-Apr-08	10	Beg	N	C1804	BGC	£36/15
Wed	18:00 - 19:30	23-Apr-08	10	Beg	N	C1805	STMS	£36/15
Sat	11:30 - 13:00	26-Apr-08	10	Beg	N	C1806	BGC	£36/15



## Tai Chi (Yang Style) With Qi Gong - Intermediate

Our T'ai chi with Qi Gong Intermediate class will help you develop your 24-form and progress to the 48-form. You will also build on your beginner's understanding of the flow of chi (energy) through the body and how to use T'ai Chi to combat stress. Qi gong via sitting or standing exercises and meditations is used to help develop the inner structure of T'ai Chi especially at the start of every class.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Mon	19:30 - 21:00	21-Apr-08	10	Int	N	C1840	BGC	£36/15
Wed	19:30 - 21:00	23-Apr-08	10	Int	N	C1807	STMS	£36/15
Sat	10:00 - 11:30	26-Apr-08	10	Int	N	C1808	BGC	£36/15

## Get Started in Qi Gong

Get Started in Qi Gong involves the study of 'cultivating energy' for health, healing and increased vitality and will improve your posture, breathing and mental focus. Qi Gong exercises are usually very simple, rhythmic whole body movements suitable for all ages. A creche is available

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Thurs	10:00 - 11:30	24-Apr-08	10	Beg	N	C1887	BGC	£36/15

## Get Started in Self Defence for Mothers and Daughters 12-15 years

Taught by a woman for women, our Get Started in Self Defence for Mothers and Daughters 12-15 years is a practical basic self defence course that emphasises personal safety awareness and the use of elbows, knees, kicks, punches pressure point and arm locks to prevent and defend against personal attack. Please enrol in pairs only (one adult and one 12-15 year old family member). Grandmothers, aunts and nieces welcome FREE!

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Sat	10:00 - 14:00	31-May-08	1	Beg	N	C1881	ISW	Free

## Pilates

### Pilates Exercise, Stretch and Relaxation

This stress busting course combines pilates, yoga, stretch and relaxation to enhance your health and wellbeing. No jumping or loud music but the opportunity to exercise calmly, at your own pace and with a friendly experienced tutor to guide you .

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Tues	18:00 - 19:30	22-Apr-08	10	All	N	C1588	SHC	£36/15
Thurs	18:30 - 20:00	24-Apr-08	10	All	N	C1590	STMS	£36/15

## Get Started in Pilates Body Conditioning

Problems with your back or shoulders? An ideal class to learn the fundamentals of posture and alignment. You will learn a range of floor exercises to strengthen and lengthen muscles. Deep stretching and breathing will develop mental concentration and improve fluidity of movement and body control

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Tues	10:00 - 11:30	22-Apr-08	10	Beg	N	C3313	ISW	£36/15
Wed	17:45 - 19:15	23-Apr-08	10	Beg	N	C3314	ISW	£36/15

## Improve your Pilates

Focusing on the correct alignment of the body, you will work on the deep postural muscles to develop core strength. You will achieve greater fluidity of movement as well as improve overall flexibility with the basic structure of a Pilates class

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Tues	17:30 - 19:00	22-Apr-08	10	Int	N	C3315	ISW	£36/15
Thurs	10:00 - 11:30	24-Apr-08	10	Int	N	C3316	ISW	£36/15

## Pilates Exercise For Women

Pilates is an exercise system which develops body awareness, improving and changing your body's posture and alignment, increasing flexibility and ease of movement. Our course will cover the fundamentals of posture and alignment, mat work to strengthen and lengthen muscles and deep stretches to improve your quality of movement

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Tues	10:00 - 11:30	22-Apr-08	10	All	N	C1587	SHC	£36/15

## Swimming

### Parent and Child Swimming 3 months-23 months

Learn to swim with your pre-school child for free! Your child will learn some swimming skills, enjoy the water and develop confidence in the swimming pool. You must accompany your child and parent or carer to learn to swim and play in a safe warm water environment

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Mon	16:30 - 17:15	21-Apr-08	10	Beg	N	C1890	SHS	Free

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## Father and Child Swimming 2-4 years

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Mon	17:15 - 18:00	21-Apr-08	10	Beg	N	C1893	SHS	Free

## Mother and Child Swimming 3 months-23 months

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Thurs	16:30 - 17:15	24-Apr-08	10	Beg	N	C1896	SHS	Free

## Mother and Child Swimming 2-4 years

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Thurs	17:15 - 18:00	24-Apr-08	10	Beg	N	C1899	SHS	Free

# Weight and Power Lifting

## Weight and Power Lifting

Weight Training and Power Lifting is a great way to improve and maintain your physical fitness, strength, body shape and mental health. You will learn how to train safely and effectively via options in weight training, power lifting and competitive weight lifting. The course covers health and safety and the correct technique in free weights resistance machines and power and Olympic lifting

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Mon	18:00 - 20:00	21-Apr-08	11	All	N	C1604	BGC	£36/15
Tues	17:00 - 19:00	22-Apr-08	11	All	N	C1606	BGC	£36/15
Tues	18:00 - 20:00	22-Apr-08	11	All	N	C1607	BGC	£36/15
Wed	18:00 - 20:00	23-Apr-08	11	All	N	C1608	BGC	£36/15
Thurs	10:30 - 12:30	24-Apr-08	11	All	N	C1609	BGC	£36/15
Thurs	17:00 - 19:00	24-Apr-08	11	All	N	C1610	BGC	£36/15
Thurs	18:00 - 20:00	24-Apr-08	11	All	N	C1611	BGC	£36/15
Sat	10:30 - 12:30	26-Apr-08	11	All	N	C1612	BGC	£36/15

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# Yoga

## Yoga - Hatha

Yoga is recognised as one of the safest and most popular forms of exercise. Hatha style Yoga integrates students of all levels of ability into this de-stressing activity. A course that aims to improve your breathing, mobility and sense of well-being.

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Tues	10:00 - 11:30	22-Apr-08	10	All	N	C1809	BGC	£36/15
Tues	18:30 - 20:00	22-Apr-08	10	All	N	C1810	STMS	£36/15
Thurs	18:30 - 20:00	24-Apr-08	10	All	N	C1811	SHC	£36/15

## Yoga - Hatha (Women)

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Thurs	10:00 - 11:30	24-Apr-08	10	All	N	C1812	SHC	£36/15

## Gentle Yoga and Relaxation

Day	Time	Start Date	Weeks	Level	Advice (Y/N)	Course Code	Location	Fee/Concession
Fri	10:00 - 12:00	25-Apr-08	10	All	N	C1816	ISB	£36/15
Fri	13:30 - 15:30	25-Apr-08	10	All	N	C1817	ISB	£36/15

