Progression routes

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Fitness & Wellbeing Part 1





Consider qualification pathways OR develop technique through attendance to other classes at advance level

INTERMEDIATES

Pilates-based circuit training Pilates body conditioning

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IMPROVERS

Pilates body conditioning (E-Learning)



Consider qualification pathways like Assistant Fitness Instructor Level 1 from other organisations (YMCA Awards. Open University - Open Learn. Skills Active)

ALL LEVELS

Circuit training, balance and core strength Legs, bums, tums for women Strength Training for the over 40's

Strength Training for Longer Life

Exercise for Peri-Menopause and Menopause

ALL LEVELS

Pilates for walkers, runners and movers

Pilates body conditioning Pilates Stretch and Mobility Pilates with barre and mat work

ALL LEVELS

Pilates for dance (combining barre and mat work) Intro to Pilates Movement

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BEGINNERS

Pilates body conditioning Pilates exercise for women Courses at higher level and Teacher training courses with other organisations such as: The Shala London and Yogarise 200h Teacher training

IMPROVERS

Yoga Hatha

ALL LEVELS

BEGINNERS

Performing arts

courses

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Yoga Hatha Lunchtime Yoga Hatha

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BEGINNERS

Yoga Hatha

BEGINNERS

Consider attending

more classes at

higher level

INTERMEDIATES

Tai Chi (Yang style)

with Qi Gona

IMPROVERS

Tai Chi (Yang style)

with Qi Gong

Get started in Tai Chi (Yang style) with Qi Gong Stand still - be fit with Tai Chi

ALL LEVELS

Day workshops unless otherwise stated

> Functional Stretching for Mobility

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Health Backs and Core Strength

Healthy Knees

Learn about small Pilates equipment

Pilates for Cyclists

Planning Life Goals

Benefits to Massage

Intro to 5 Elements Shiatsu Massage

Progression routes

Fitness & Wellbeing Part 2









Consider qualification pathway with other organisations



IMPROVERS

Advance with your Massage



BEGINNERS

Intro to Holistic Therapies and Massage (Women Only) Chair massage Intro to Swedish Massage Intro to Lymphatic Drainage Massage Massage for Relaxation and Self-Care

IMPROVERS

Shiatsu massage



BEGINNERS

Intro to 5 element shiatsu massage

ALL LEVELS

Progress to singing courses

in the Performing Arts

area, and presentation skills courses with other

organisations.

Planning Life Goals (one day workshop)



BEGINNERS

Presentation & Pronounciation for non-native speakers Progress to an accredited guiding course - either Blue Badge course (Institute of Tourist Guiding) or local authority course



IMPROVERS

Learn to tour guide in Tower Hamlets: workshop techniques



IMPROVERS

Learn to tour guide in Tower Hamlets: going further



BEGINNERS

Learn to tour guide in Tower Hamlets: the essentials



ALL LEVELS

Explore Tower Hamlets

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One day workshops.
BEGINNERS
Fitness courses
See Fitness & Wellbeing
Progression Route Part 1



ALL LEVELS

Benefit to Massage (one day workshop)

BEGINNERS

Introduction to 5 element shiatsu massage (day taster)