



## **Inclusive fitness and wellness sessions taking place at:**

### **Royal Docks Learning and Community Centre**

North Woolwich

Tuesday 1.15-2.15pm

Seated and standing mobility Pilates

### **Britannia Village Hall, West Silvertown**

Wednesday 6.45-7.30pm

Seated and standing Pilates

Wednesday 7.30-8.15pm

Advanced Fitness Pilates

### **Beckton Library**

Friday 10.30-11.30am

Seated and standing mobility Pilates

Free drop in session

### **Newham City Farm Visitor Centre**

Saturday 10.30-11.30am

Seated and standing Pilates

Please see the website for full location details, current dates and costs.

Some sessions are free and more venues will be added in 2019 as well as personal one to one sessions and events.

# **[www.fit2relax.london](http://www.fit2relax.london)**

or contact [karen@fit2relax.london](mailto:karen@fit2relax.london) for current dates and venues and more details.

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Fit<sup>2</sup> Relax &  
LONDON



## Expand your Fitness

Anatomy, physiology, exercise planning and delivery  
for health and fitness

Saturday 11th May 12-4pm | Newham City Farm Visitor Centre,  
Beckton

**Thinking of a career in exercise or fitness?**

**Want to be able to develop your own fitness plan?**

**Or want to assist family and friends with their  
health and fitness needs?**

This introductory workshop, which forms part of the YMCA Level 1 Award in Lifestyle Management and the Level 1 Award in Fitness and Physical Activity, will teach you:

- The basics of anatomy and physiology – body structure, muscle groups, function
- How to plan and perform a warm up including stretching exercises
- How to develop exercise sessions based on your/your clients needs
- And more.....

You'll learn practical skills, discover your own fitness level through a range of simple tests and have the chance to teach basic warm up and stretching exercises one to one and in small groups.

If you choose to sign up to one of the awards, you will be assessed on some practical elements and the assessor will review any course work you've completed.

The Awards can be completed through distance learning, one to one support and workshops over a period of time to suit you.

### Special workshop prices:

Level 1 Award in Lifestyle Management **£75** (normally £150)

Level 1 Award in Fitness and Physical Activity **£180** (normally £300)

Both courses combined **£220**

Workshop only (space dependent, priority will be given to those registering for an award) **£30**

Award prices valid for sign up before or on the day of the course.

For further information or to register contact Karen - [info@krfitnesseducation.co.uk](mailto:info@krfitnesseducation.co.uk) or visit the website : [www.krfitnesseducation.co.uk](http://www.krfitnesseducation.co.uk)