

HISTORICAL LANDMARKS

1930

- the League opened in YMCA premises in Regent Street, London in March
- foundation demonstration by 100 members in the Cockpit, Hyde Park in June, led by Prunella & Peggy St.Lo, accompanied by the Band of Queen Victoria's Rifles

1931

- first suburban centre opened in Golders Green
- 2nd demonstration in Hyde Park. First display at Royal Albert Hall
- London classes moved to Mortimer Halls and Tottenham Court Road

1932

- 7 centres opened in Bromley, Southend, Slough, Bournemouth, Croydon, Birmingham, Glasgow (followed by Ayr, Paisley and Edinburgh)
- 3rd Hyde Park demonstration
- 2nd Royal Albert Hall display

1933

- 500 members in 4th Hyde Park demonstration before an audience of 30,000
- first publication of the League's official magazine, Mother & Daughter
- membership reaches 30,000

1934

- 5th Demonstration in Hyde Park, display in Royal Albert Hall
- 47,000 members

1935

- Mary Bagot Stack died
- Classes opened in Dublin, Australia, Canada and Hong Kong
- 6th Hyde Park demonstration
- first display at Olympia with 2,500 performers

1936

- First centre in Wales opened in Swansea
- Junior League established
- 5,000 performers including an overseas contingent from Canada in a demonstration at Olympia
- Teachers provided free, weekly classes in 'distressed areas' in Glasgow, Liverpool, Birmingham, Nottingham, Brighton and London (Notting Hill, Stepney, Hoxton & Marylebone)
- League affiliated to the Central Council of Recreative Physical Training (now the CCPR)

1937

- Prunella invited to serve on the newly formed National Fitness Council for England & Wales
- Coronation Pageant, Wembley Stadium in June. 5,000 members from 240 centres in Britain, Australia, Canada, Hong Kong, New York and Denmark
- The Festival of Youth, Wembley Stadium. 900 members were among the 11,000 performers from a number of organisations in the presence of the King and Queen
- Publication of 'Movement is Life' the story of Mary Bagot Stack

1938

- Rhythm in Dance and Exercise, a joint display with Margaret Morris Movement and the English Folk Dance & Song Society at the Royal Albert Hall
- International Festivals of Physical Culture in Hamburg and Finland. Prunella, Peggy and Joan St.Lo take League teams
- 1938 Revue at New Scala Theatre performed by Advanced members
- Classes started for the National Federation of Women's Institutes which spread to over 80 branches
- Empire Pageant, Wembley Stadium in June

1939

- Scala Revue performed by Advanced Members
- Lingiad Festival, Stockholm, Prunella with a team of 20 teachers performed
- Second World War begins

1940-45

- Many teachers and members responded to the call to National Service. Peggy and Joan St.Lo carried on with the administration of the League and ran classes in London. 50 centres were kept running by teachers helped by members authorised as Practice Class Leaders. Teachers also ran special classes for factory, civil defence, nurses and service personnel. They also raised funds for the forces, organised entertainments for the forces and base hospitals, ran socials for the ARP and Ambulance Units. The revue 'Carry On' at King George's Hall, Gt.Russell Street, London raised funds for the Red Cross and St.John's Ambulance
- London's Thanksgiving Week. Peggy St.Lo produced a display in Trafalgar Square before an audience of 15,000

1946

- The Bagot Stack Health School which closed down on the outbreak of war, re-opened in London
- First peace time Rally and Demonstration, Hyde Park followed by a Display at the Empire Pool, Wembley. 1,500 performers before an audience of 8,000
- National Festival of Youth organised by the CCPR at Wembley Stadium with League representation

1947

- First post war Regional Rally in Birmingham
- Television demonstration by 22 girls, teachers, students and advanced members at Alexandra Palace (on two occasions)
- Reunion class for 700 London, Suburban and Provincial members at New Horticultural Hall, London

1948

- Regular television appearance of Prunella and demonstrator Doris Dewar in the 'Designed for Women' programme
- Classes started at Butlin's Holiday camps in the summer
- Reunion display by Glasgow, Edinburgh, Ayr, Paisley, Lennoxton and Milton members at Lyric Theatre, Glasgow
- Olympic Festival 'Movement is Life' put on for the benefit of Olympic team members and other overseas visitors in the country for the Olympic Games
- National Festival of Youth and Sport organised by the CCPR at the Empire PP Wembley Stadium. A League contingent took part
- Prunella attended the International Congress on Physical Education, Recreation and Rehabilitation in London. 400 delegates from 74 countries

- Re-opening of Manchester centre brings in 500 members in first month
 - North West Regional Reunion
- 1949
- Reunions in Weston-Super-Mare, Bath and Bristol, Brighton and London and Suburban
- 1950
- A change of constitution. The Women's League of Health and Beauty set up as a company limited by guarantee. All income to be used to promote the work of the League; membership of the Association open to all
 - Twentieth Anniversary, Display and Reunion at Empire Pool, Wembley. 1,600 performers including members from Ireland and Canada
 - Diana Kropinska opened classes in British Columbia, Canada
- 1951
- Demonstrations in Sports Arena, South Bank, London as part of the Festival of Britain
 - Prunella opened the League in Cape Town, South Africa. Talk and demonstration at a college for coloured girls.
 - 21st Birthday Anniversary Reunion and Display at the Royal Albert Hall
- 1952
- 200 Cape Town members in display in stadium on foreshore of Table Bay as part of the van Riebeeck Tercentenary Festival
 - Edinburgh members took part in the Edinburgh Festival of Sport
- 1953
- Coronation Year Display by 1,200 teachers and members at the Royal Albert Hall. South Africa represented by 27 members from Cape Town. 43 children (22 months – 4 years) taught by Sheila Moore Tucker. Six items in second half televised
 - Birmingham celebrated 21 years of unbroken success with a Reunion and Rally
- 1954
- Magazine celebrated its 21st year of continuous publication
 - Edinburgh's 20th Birthday Display, Murrayfield Ice Rink. 1,000 teachers and members took part
- 1955
- League's Silver Jubilee Display at the Royal Albert Hall. Dedicated to the memory of the founder, teams came from Canada, South Africa and New Zealand
 - The Bagot Stack Health School transferred to Morley College, Westminster and re-named Bagot Stack College.
 - Performance in the CCPR Festival of Movement and Dance at Empire Pool, Wembley
- 1956
- Kay Hudson expanded the League in New Zealand to Auckland
- 1957
- Betty O'Donoghue opened the League in Johannesburg, South Africa
- 1958
- Performance in the CCPR Festival of Movement & Dance at the Empire Pool, Wembley

- 1959
- 30th Anniversary Display at Royal Albert Hall attended by overseas contingents from Ireland, South Africa, West Indies, Canada and New Zealand
- 1960
- Performance in the CCPR Festival of Movement & Dance at the Empire Pool, Wembley
- 1961
- In Toronto, a week of celebrations attended by Prunella to mark Canada's Silver Jubilee
 - The League opened in Pretoria, South Africa
- 1962
- 2,000 members attended a special service in Coventry Cathedral. 18 members from Birmingham and Coventry performed a 3-part ballet by Peggy St.Lo to music by J S Bach portraying 'Anxiety', 'Faith' and 'Joy'
- 1963
- Demonstration at Royal Albert Hall in aid of Bagot Stack College attended by teams from Canada, New Zealand and South Africa
 - Performance in the CCPR Festival of Movement & Dance at the Empire Pool, Wembley
 - Daphne Kipps opened the League in Rhodesia (Zimbabwe)
- 1964
- Two performances by 350 League members and teachers on lawns of Woburn Abbey at the invitation of the Duke and Duchess of Bedford, watched by 8,000 visitors
- 1965
- London centre's 35th Birthday Rally and Reunion at the Royal Albert Hall
- 1967
- Heather Elliott opened West Vancouver centre
 - Prunella returns to South Africa for Johannesburg's 10th Anniversary Celebrations
- 1968
- Elizabeth Mallett took three plane loads of League Association Members to Toronto for the first overseas convention
 - Operation Woburn, a mass demonstration at Woburn Park by invitation of the Duke and Duchess of Bedford
- 1969
- Pioneer part time teacher training courses opened in the Midlands and the South West
 - Vancouver convention attended by Elizabeth Mallett and Association Members
- 1970
- First teachers under the Pioneer Part-Time Training Course qualify and 1,000 new members to the League
 - Weekend Rally in Brighton attended by 1,600 members
- 1971
- 600 members in demonstration at Woburn Abbey
 - Rhodesian (Zimbabwe) Convention. Elizabeth Mallett's team from England joined members from South Africa in Salisbury
 - Northern Part-Time Training Course starts
 - First Canadian Teacher Training School started

1972

- London Part-Time Training Course started
- Laila Dossa opened classes in Mombasa
- New Zealand Convention. Elizabeth Mallett and party of Association Members visited Auckland centres, returning via Fiji and New York
- National Development Officer. Elizabeth Mallett appointed to the new post which is part funded by the Sports Council
- South African members and teachers from Johannesburg and Pretoria travelled to Cape Town to celebrate their 21st Anniversary

1973

- Part-Time Teacher Training Courses opened in Scotland and Wales
- 300 League members led by 30 young teachers and student in demonstration of 'Exercises for Sport for All' before Rugby League Cup Final at Wembley Stadium
- 100 members from Burton-on-Trent and Birmingham performed at the Burma Star Association Reunion Display at the Royal Albert Hall
- First National Rally in Wales
- 170 League members and friends with Elizabeth Mallett visited Bermuda Health and Beauty Association
- League and Medau Society teams performed at Keep Fit Association National Festival at Royal Albert Hall

1974

- North East Part Time Training Course started
- 45th Birthday Anniversary Display at the Royal Albert Hall.
- Johannesburg and Pretoria sent teams to Salisbury, Rhodesia (Zimbabwe) for their 10th Anniversary Display
- 425 members and families enjoyed second League weekend at Pontins, Barton Hall, Torquay
- South West Part-Time Teacher Training Course started

1975

- North East Part-Time Teacher Training Course started
- 45th Birthday Anniversary Display at the Royal Albert Hall. Teams from Canada, South Africa, New Zealand and Ireland

1976

- East Midlands Part-Time Teacher Training Course started
- Weekend reunions organised in Cheltenham, Warwick and Hoddesdon
- Annual Family Fiesta Week at Prestatyn
- Cape Town celebrated its 25th Anniversary
- A new post of Training Officer is established. Joan Jefferies is appointed
- Lucy Martin opened a class in Dubai
- First course in Teaching the Elderly held in St.Albans was the early beginnings of of Extend (Exercise Training for the Elderly and Disabled)

1977

- History repeated itself with a demonstration in the Cockpit, Hyde Park during 'Sport for All Weekend' organised by the Sports Council for the Queen's Silver Jubilee celebrations. HRH Princess Alexandra made a special visit to the League stand

- Vancouver convention attended by members from UK and New Zealand
- 1978
- Opening of new centres in West Hallam, Droitwich, Norwich, Daventry and Redhill
 - Item by League teachers at the Medau 25th Anniversary show at the Royal Albert Hall
 - Johannesburg's 21st birthday celebrations
 - Eileen MacMurray retired
- 1980
- Teams from South Africa, Canada, New Zealand and Ireland joined the Golden Jubilee Celebrations at the Royal Albert Hall
 - Prunella was awarded the OBE
- 1982
- Prunella becomes President designate of the League
 - Joan and Peggy St Lo retired from teaching after 52 years
 - Johannesburg and Pretoria celebrated 25th and 21st anniversaries respectively. A team led by Prunella went from the UK
 - Thanksgiving for the life of Mary Bagot Stack was held in St Alban's Abbey
 - Tricia Hodgkin becomes National Development Officer
- 1983
- Mary Bagot Stack Centenary Celebrations with classes in Hyde Park and a rally at the Royal Albert Hall
 - Peggy St Lo retired as Organising Secretary
 - Peter Hutton ACIS appointed as League Secretary – new office in Charing Cross Road
- 1984
- Teams from Liverpool, Yorkshire and the Midlands took part in the Liverpool International Garden Festival
 - Ine Clarke opened a class in Holland
- 1985
- Two League items at the CCPR National Festival of Movement and Dance at the Royal Albert Hall
 - Margaret Peggie appointed Chair of the Training Committee and Barbara Allen Chair of the Executive Committees
 - Plaque unveiled at Stoke Mandeville Hospital commemorating the life and work of Mary Bagot Stack
 - Three League items performed at the International Rugby Festival at the Royal Albert Hall
- 1986
- The name of Health and Beauty Exercise is taken by the League as a working title
 - Tricia Hodgkin retired as National Development Officer
 - Barbara Furniss retired as Musical Director
 - League video by Lucy Martin and South West teachers produced, "Doing it in Style"
- 1987
- Joan St Lo, Vice President of the League, died
 - Chairman, Denis Richards retired
 - Golden Jubilee was celebrated in New Zealand
 - Stretching, Toning, Young Lively Exercise, or STYLE classes were introduced by Lucy Martin

- 1988
- Norman Abernethy MBE appointed as League Chairman
 - 80 members performed at Glasgow Garden Festival
- 1989
- Pat Rowlandson retired as Training Officer. Margaret Peggie and Lucy Martin appointed in her place
 - Rosemary Barber appointed as Executive Chairman and Liaison Officer
- 1990
- Members and teachers from the UK, New Zealand, Canada, South Africa, Zimbabwe, Pakistan, Ireland and Holland celebrated the League's Diamond Jubilee at the Royal Albert Hall
 - Her Majesty the Queen sent a message of congratulation
 - Presentations made to 75 members who joined before 1935
- 1991
- Reunion of the pre-war teachers
 - Margaret Peggie is on the executive of the Central Council for Physical Recreation
 - 40th Anniversary rally in Capetown
- 1992
- Inter-centre competition held in Croydon with 17 competing centres
 - Modification of the Bagot Stack Demonstration Order by the Training Committee
- 1993
- Celebration of Vancouver's 25th birthday
- 1994
- Festival held at the Fairfield Hall in Croydon with 1200 member
 - Diamond Jubilee of Ireland's League of Health with a tribute to Isolde McCullagh, the Principal
 - League moved to new office in Chertsey
 - Peter Hutton retired as Chair, but remained as Company Secretary
 - Kathleen Ward retired at age 90 after 60 years of teaching
- 1995
- 65th Anniversary show at the Royal Albert Hall
 - MANFIT started
 - Leslie Cond new Chair of Council
- 1997
- Harrogate Spa Spectacular
 - 60th Birthday celebrated in New Zealand
- 1999
- Name changed to The Fitness League
 - Full time manager appointed
 - New Council Chairman is Neil Phillips
- 2000
- 70th Birthday celebrations at the Royal Albert Hall
 - Cape Town's 50th anniversary celebrated
- 2001
- Peggy St Lo died in January and a Thanksgiving Service was held in September
 - League magazine renamed "Fitness"
 - Full time manager post replaced by leadership under the Management Team
- 2002
- An inscribed bench in memory of Peggy and Joan St Lo is placed in Hyde Park

2003

- New Council Chairman is Peter Hobden
- An informal Exercise Movement and Dance Partnership was established between The Fitness League, the Keep Fit Association, Medau, the Margaret Morris Movement and the English Folk Dance Society

2004

- Prunella's 90th birthday celebrated at the teachers' course in Torquay
- Lynne Berry presented Prunella with a Book of Memories on behalf of the Teachers Association
- Marjorie Duncombe celebrated her 100th birthday
- A display, classes and dinner were held in Dublin to celebrate the League of Health's 70th Anniversary

2005

- 75th Anniversary show held at the Royal Albert Hall
- Elizabeth Mallett, League Vice President died
- Prunella's granddaughter Saba Douglas Hamilton becomes a Patron

2006

- Exercise Movement and Dance Partnership (EMDP) incorporated. Funding from Sport England received to support the new company. Full time professional staff appointed. The founder partners are The Fitness League, the Keep Fit Association, and Medau Society.

2007

- A team and supporters from UK visited New Zealand to celebrate their 70th Anniversary in Auckland
- A team and supporters from UK visited South Africa to celebrate Johannesburg's 50th Anniversary

2008

- EDMP staged their first show 'Moving Together' at the Royal Albert Hall
- Margaret Peggie awarded an OBE in the Queens Birthday Honours List

2010

- 80th Anniversary show at the Royal Albert Hall