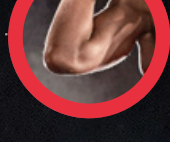


FIND YOUR PERFECT WORKOUT

LES MILLS is on a mission to create a fitter planet. This doesn't mean making people work out. It means helping people fall in love with fitness so that they want to work out. Our wide range of world-class programs means there is a workout for every body.

GET STARTED

WHAT ARE YOUR FITNESS GOALS?



BUILD STRENGTH



IMPROVE CARDIO



INCREASE FLEXIBILITY

DO YOU LIKE USING EQUIPMENT?

YES

NO

HOW INTENSE DO YOU WANT YOUR WORKOUT TO BE?



SIX PACK

TOTAL BODY

CXWORX

BODYVIVE

BODYFLOW

BODYPUMP

DANCE TO THE BEAT

ON YOUR FEET

SHORT ON TIME?

OR
MOVE TO YOUR BEAT

FIGHT

OR
FLIGHT

BODYJAM

SH'BAM

BODYATTACK

BODYCOMBAT

RPM

BODYSTEP

GRIT

LEARN MORE ABOUT YOUR NEW WORKOUT

	PROGRAM DESCRIPTION	TIME	TYPE	BURN	RESULTS
HIGH	GRIT RESULTS. FAST. High intensity interval training is short, intense bursts of effort followed by periods of recovery.	55 MINUTES	HIGH INTENSITY INTERVAL TRAINING	AVG. - CALORIES	<ul style="list-style-type: none"> ▲ CALORIE BURN ▲ COORDINATION ▲ MUSCLE TONE ✓ SELF CONFIDENCE
	CXWORX FIND YOUR CENTER. Personal training-inspired workout to build and maintain a superior functioning core.	30 MINUTES	CORE STRENGTH TRAINING	AVG. 210 CALORIES	<ul style="list-style-type: none"> ▲ STRENGTH ▲ BALANCE ▲ MUSCLE TONE ✓ INJURY PREVENTION
	BODYPUMP BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit every time.	60 MINUTES	WEIGHTS-BASED RESISTANCE TRAINING	AVG. 560 CALORIES	<ul style="list-style-type: none"> ▲ STRENGTH ▲ ENDURANCE ▲ MUSCLE TONE ✓ BONE HEALTH
MODERATE	BODYCOMBAT BE FIERCE. A mix of Martial Arts and endurance, unleashing strength you never knew you had.	55 MINUTES	MARTIAL ARTS INSPIRED CARDIO	AVG. 740 CALORIES	<ul style="list-style-type: none"> ▲ STRENGTH ▲ ENDURANCE ▲ MUSCLE TONE ✓ SELF-CONFIDENCE
	RPM RIDE HARD. High intensity interval training set to tunes that will get your pulse racing. Get results faster.	45 MINUTES	INDOOR CYCLING CARDIO	AVG. 675 CALORIES	<ul style="list-style-type: none"> ▲ STRENGTH ▲ ENDURANCE ▲ CARDIO ✓ HEART & LUNG HEALTH
	BODYATTACK BE UNSTOPPABLE. The full-on, high-energy cardio workout to energizing tunes.	55 MINUTES	SPORTS INSPIRED CARDIO	AVG. 735 CALORIES	<ul style="list-style-type: none"> ▲ STRENGTH ▲ ENDURANCE ▲ AGILITY ✓ HEART HEALTH
	BODYSTEP FEEL ALIVE. The fast-paced, explosive step workout that will leave you upbeat and ready for more.	55 MINUTES	STEP BASED CARDIO	AVG. 620 CALORIES	<ul style="list-style-type: none"> ▲ STRENGTH ▲ ENDURANCE ▲ AGILITY ✓ HEART HEALTH
	SH'BAM FREE YOURSELF. Cut loose to the hottest new workout with fun moves and shakin' tunes.	45 MINUTES	DANCE INSPIRED CARDIO	AVG. 510 CALORIES	<ul style="list-style-type: none"> ▲ CALORIE BURN ▲ COORDINATION ▲ MUSCLE TONE ✓ SELF CONFIDENCE
LOW	BODYJAM EXPRESS YOURSELF. Fuelled by street culture, a dance and cardio workout that will leave you feeling hyped.	55 MINUTES	DANCE INSPIRED CARDIO	AVG. 530 CALORIES	<ul style="list-style-type: none"> ▲ CALORIE BURN ▲ COORDINATION ▲ MUSCLE TONE ✓ SELF CONFIDENCE
	BODYVIVE 3.1 FEEL REVIVED. Low-impact workout for the whole body to get your core working harder, for a leaner, stronger you.	55 MINUTES	CARDIO & CORE MOBILITY RESISTANCE	AVG. 420 CALORIES	<ul style="list-style-type: none"> ▲ SENSE OF ENERGY ▲ STRESS LEVELS ▲ MUSCLE TONE ✓ SELF CONFIDENCE
	BODYFLOW FEEL BALANCED. A Yoga, Tai Chi and Pilates inspired workout that leaves you long, strong, and centered.	55 MINUTES	INSPIRED BY YOGA, TAI CHI & PILATES	AVG. 390 CALORIES	<ul style="list-style-type: none"> ▲ RANGE OF MOTION ▲ JOINT FLEXIBILITY ▲ MUSCLE TONE ✓ SELF-CONFIDENCE

HOW TO MAXIMIZE YOUR RESULTS

To be effective and safe, your weekly training should include **CARDIO, STRENGTH** and **FLEXIBILITY**. Choose at least two program classes to match your objectives. Then add one to two others to balance your training.

REMEMBER: Alternate each of the training categories across days of the week for best results.

MAIN OBJECTIVES	3 CLASSES A WEEK									
WEIGHT LOSS	RP	BP	BP							
SHAPE & TONE	BP	BP	+	BF	OR	BV				
ABDOMINAL & CORE	BF	BF	+	BP	OR	BV				
GENERAL FITNESS	BP	RP	+	BJ	OR	BA	BS	BA	BC	BV