



LES MILLS INSTRUCTOR ACTIVITIES

(INCLUDES ALL LISTED ACTIVITIES FOR NON-LES MILLS TRAINERS)

Body Attack™
 Born to Move™
 Barre™
 Body Balance™
 Body Combat™
 Body Jam™
 Body Pump™
 Body Step™

Core™
 Mindfulness
 The Trip™
 Sh'bam™
 Sprint™
 Stretch™
 Grit™
 Grit Athletic™

Grit Cardio™
 Grit Strength™
 RPM™
 Body Vive™
 Tone™
 Shapes™
 Functional strength™
 Strength development™
 Thrive™

NON - LES MILLS INSTRUCTOR ACTIVITIES

Aerobics
 Aerobic Swimming
 Anti-Gravity Yoga
 Aqua Zumba®
 Bellyfit®
 Body training systems
 Boot Camp
 Bokwa®
 Boxercise
 British Military Fitness
 Buggy Fit
 Calisthenics
 Chair based exercise
 Cheerleading (excluding acrobatics)
 Circuit training
 Clubbercise
 Cross Fit®
 Dance (excluding breakdancing)
 Exercise in the water Fitball
 Fitness FX
 Fitness based equipment (use of)

Fitsteps®
 Friskis & Svettis
 General Exercise Class including those using equipment
 Golf Biomechanics
 Group Studio Cycling
 Gym Instruction
 Gyrotonic Instruction®
 Hula Hoop classes
 In Falls Preventions
 Indian club swinging Insanity
 Jazzercise/Jazz Dancing
 Jumpstyle
 Junior fitness
 Just Jhoom
 Kangatraining
 Kettlebells
 Martial arts based fitness (non-contact only)
 Metafit™
 Non-contact kickboxing
 Nordic Walking

Nordic Walking Walk Leader (must have completed the Nordic Walking Leader qualification)
 Personal training
 Pilates
 Piloxing®
 PiYo
 Powerplate
 Rebounding
 Reformer Pilates
 Running (indoor, cross country, path, road)
 Salsa Dancing
 Skipping Spinning
 Street dance instructor Tai Chi (non-contact only)
 Thump boxing
 TRX training system
 Yoga, including chi-yoga
 ViPR™
 Zumba® and other official Zumba® based activities

Extension NOT STANDARD. Sports Massage (but not in isolation) – Additional Premium