



NON-LES MILLS INSTRUCTOR ACTIVITIES

Aerobics	Fitsteps®	Nordic Walking Walk Leader
Aerobic Swimming	Friskis & Sveltis	(must have completed the Nordic
Anti-Gravity Yoga	General Exercise Class	Walking Leader qualification)
Aqua Zumba®	including those using	Personal training
Bellyfit®	equipment	Pilates
Body training systems	Golf Biomechanics	Piloxing®
Boot Camp	Group Studio Cycling	PiYo
Bokwa®	Gym Instruction	Powerplate
Boxercise	Gyrotonic Instruction®	Rebounding
British Military Fitness	Hula Hoop classes	Reformer Pilates
Buggy Fit	In Falls Preventions	Running
Calisthenics	Indian club swinging Insanity	(indoor, cross country, path,
Chair based exercise	Jazzercise/Jazz Dancing	road)
Cheerleading (excluding	Jumpstyle	Salsa Dancing
acrobatics)	Junior fitness	Skipping Spinning
Circuit training	Just Jhoom	Street dance instructor Tai Chi
Clubbercise	Kangatraining	(non-contact only)
Cross Fit®	Kettlebells	Thump boxing
Dance (excluding breakdancing)	Martial arts based fitness	TRX training system
Exercise in the water Fitball	(non-contact only)	Yoga, including chi-yoga
Fitness FX	Metafit™	ViPR™
Fitness based equipment (use of)	Non-contact kickboxing	Zumba® and other official
	Nordic Walking	Zumba® based activities

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