



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™
Body Pump Heavy™
Dance™
Reformer™

Core™
Mindfulness
The Trip™
Sh'bam™
Sprint™
Stretch™
Grit™
Grit Athletic™
Ceremony™
Yoga™
Ceremony Hyrox Max™

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

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