



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
- 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