

Even before we were born we were gymnasts, yogis and martial artists. We could kick, punch, stretch and turn somersaults. We could even respond to music. With a bit more room we might have danced. Les Mills **BORN TO MOVE™** is a new series that plugs young people into their innate need to move, and the joy, vitality and self-esteem that comes with it.

Your child can join in at any age between two and 16 years and progress through the series, building skills, growing in confidence and having fun with children their own age, all the way. The series is split into five separate age groups, and each age group's moves, music and content is tailored specially for them.



WHAT DO I NEED TO BRING?

Dress your child in comfortable clothes they can easily stretch and move in. For the 2 – 3-year-old class, you or your child's caregiver will also be taking part, so wear comfortable clothes and come ready to join your child in their imaginative world.

WHO WILL TAKE THE CLASS?

BORN TO MOVE™ instructors are a special breed. They have been chosen for their rapport with young people and trained in the latest fitness techniques to inspire a love of movement in every child. They are strong, compassionate leaders who genuinely respect and understand young people – and know how to coach the best from each one while having a whole heap of fun.

WHO IS LES MILLS?

Les Mills is the creator of 13 global group fitness and team training programs, including BODYPUMP™ (weights), BODYCOMBAT™ (martial arts) and RPM™ (indoor cycling). Around the world, millions of adults are inspired to work out in a LES MILLS™ class, in one of 15,000 clubs in 80 countries, every week. **BORN TO MOVE™** brings Les Mills' expertise in movement, music and motivation to young people for the first time, providing high-quality classes for all ages and stages, and igniting a lifelong love of fitness through fun.

BORN LES MILLS
TO MOVE



AN IMAGINATIVE,
EXPLORATIVE WORLD OF
MUSIC AND MOVEMENT

2-3
4-5
YEAR OLDS

FIVE REASONS YOUR 2-5 YEAR OLD WILL LOVE BORN TO MOVE™

1 IT'S FUN

Children experience the joy of moving to a simple beat as their instructor leads them on an imaginative journey through action and song.

2 IT'S EASY

Simple choreography allows children to master moves quickly. Their confidence grows as they develop new abilities, and you'll get a thrill when you see them use those same skills out in the world.

3 IT'S ORIGINAL

There's lots of variety built in to every class and instructors are trained to keep children stimulated and engaged. Three times a year Les Mills also updates the class with new music and choreography.

4 IT MOVES BODIES AND MINDS

Captivating lyrics fire children's imaginations and immerse them in a world of active play through drama, dance and storytelling.

5 AND IT LETS THEM SHINE!

Children are at their best when they feel they belong. **BORN TO MOVE™** classes provide a safe, happy environment where your child will enjoy meeting other children and make new friends.

2-3 YEARS

Join your child in an imaginative exploration of movement to music. This is a 45 minute class which you or your child's caregiver also take part in. The music is written for the class with lyrics that act as sung instructions, leading children through simple moves that build body awareness and balance. The class draws on the latest developmental research, but your child won't notice – they'll be too busy having fun.

4-5 YEARS

An imaginative adventure of action and song. Children in this age group respond best to stories, so the lyrics in this 45 or 55 minute class are written to involve them in a narrative. As they move they develop their balance, weight transfer and concentration skills, while also learning how to interpret music and move to a beat. The class is built on the latest scientific research into child development and will leave them feeling great.

