

Les Mills **BORN TO MOVE™** is a new group fitness program created by and for young people. It draws from the disciplines of martial arts, hip hop, sports conditioning, plyometrics, dance and yoga, and is led by a trained instructor who can pick and mix from a constantly updated toolbox of tracks to keep things interesting. A typical class is around 30 or 45 minutes long and features moves that you're guaranteed to pick up quickly. At the end you'll feel tired in a good way. You'll have a sense of achievement and be mentally energised.

WHAT DO I NEED TO BRING?

Wear comfortable clothes you can move in and sports shoes. Bring a water bottle.

WHO WILL TAKE THE CLASS?

A **BORN TO MOVE™** certified instructor, who has been through rigorous training and knows their stuff - kind of like your favourite teacher, only fitter.

WHO IS LES MILLS?

Les Mills are the fitness gurus behind some of the world's most popular group fitness and team training programs, including **BODYPUMP™** (weights), **BODYCOMBAT™** (martial arts) and **RPM™** (indoor cycling). Millions of people have already fallen in love with fitness through a **LES MILLS™** class, and now **BORN TO MOVE™** brings the best of that expertise in movement, music and motivation to an action-packed class that's tailored just for you. For class times please see your club's schedule.

BORN TO MOVE™
LES MILLS

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LES MILLS



GET FIT AND FEEL GREAT
WITH THE LATEST MIX OF
MOVES AND MUSIC

13-16
YEAR OLDS

TOP FIVE REASONS TO CHECK OUT BORN TO MOVE™



1 IT'S MADE FOR YOU

Tested and approved by a panel of teen co-creators, **BORN TO MOVE™** has been developed just for you. It's packed with the latest music - and moves you actually want to do!

2 IT'S SOCIAL

Everything's more fun with friends. Bring some with you or make new ones in class. You'll gain strength from exercising in a group and feel motivated to work harder, and push yourself just a little further each time.

3 AWESOME BEATS

We've asked around. We know what's on your playlist - and that's exactly what you'll hear. And if by chance we've missed one of your favourite tracks, let us know, and we'll try to include it in our next release - we update all the music and choreography three times a year!

4 COOL MOVES

This may be fitness in deep disguise, but it's still fitness. Mixed up in all the fun is a combo of top techniques from some of the world's greatest sport and dance disciplines that will get you in awesome condition and equip you with some pretty cool skills.

5 AND DID WE MENTION IT FEELS GREAT?

It's simple really. If you want to experience the world's coolest mash-up of martial arts, yoga, hip hop and sports conditioning all in one place - you know where to go. Getting fit and feeling great are just the awesome added bonus.