

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 mastery over their body, 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.

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 TO MOVE™ LES MILLS

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A WORLD OF PLAYFUL
MOVEMENT, MUSIC + GAMES

6-7
YEAR OLDS

FIVE REASONS YOUR 6-7 YEAR OLD WILL LOVE BORN TO MOVE™

1 IT'S FUN

Fun comes first and in **BORN TO MOVE™** we guarantee there's heaps of it, from the buzz of learning new moves, to singing along to all their favourite tracks.

2 IT BUILDS SKILLS

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 ACTION-PACKED

OK, we know children get bored. But they won't get a chance in this class because it's action-packed and always changing. Instructors have a library of tracks they can dip into to keep those lively minds engaged.

4 IT HAS GREAT MUSIC

We've asked around. We know what children this age like. And that's exactly what they'll get. Some of it you will have heard before and some has been specially created. Children can also sing along which helps them learn the choreography.

5 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.



This class introduces fundamental movement skills, but does so using fun rather than formal exercise routines. Children of this age are primarily visual learners so the instructor puts lots of emphasis on demonstrating moves that they can easily copy. The simple choreography trains body awareness, balance, coordination and control. The content is co-created with young people and music is drawn from their world. Classes run for 30, 45 or 55 minutes.