

# LES MILLS

# WORLD'S BEST FITNESS VIDEO PROVIDER

## OUR VALUES



### UNITED

Our customers, our instructors and our people are our team. We are totally dedicated to their success.



### BE BRAVE

We aim to be undisputed world champions in fitness, and we relentlessly pursue that goal.



### CHANGE THE WORLD

We are devoted to health and wellbeing. Creating a fitter planet is the reason we are here.

1

THE  
WORLD'S  
BEST  
MUSIC.

2

140,000  
LES MILLS  
INSTRUCTORS

3

LIFE  
CHANGING  
FITNESS  
SHAPED BY  
SUCCESS

4

10,000  
CLUBS  
WORLDWIDE



**CORE**  
EDUCATION  
TRUST

# AN OPPORTUNITY TO BECOME A **LES MILLS FITNESS INSTRUCTOR**

## WHAT TO EXPECT...

1

6 WEEK  
DISTANCE  
LEARNING  
COURSE.

2

4 HALF DAY  
SESSIONS WITH  
A LES MILLS  
MASTER  
INSTRUCTOR

3

TRAINING TO  
CREATE  
MASTER A  
FITNESS VIDEO

4

GAIN THE  
TITLE OF AN  
ACCREDITED  
LES MILLS  
INSTRUCTOR

Only 20 places available. Fully funded!

DELIVERING A **CORE** EDUCATION

# HOW TO APPLY

You can apply here: <https://tinyurl.com/LesMillsSignUp>

**DEADLINE FOR APPLICATIONS: FRIDAY 27<sup>TH</sup> NOVEMBER 2020**

All of this information can be found on your school website, in the main menu.

**We do have other opportunities for students who don't make the course, so if you love fitness APPLY!**

- 1 VISIT YOUR SCHOOL WEBSITE**
- 2 COMPLETE YOUR ONLINE FORM**
- 3 SUBMIT FORM BEFORE FRIDAY 27<sup>TH</sup> NOVEMBER**
- 4 YOU WILL KNOW IF YOU HAVE A PLACE BY TUESDAY 1<sup>ST</sup> DECEMBER**

DELIVERING A **CORE** EDUCATION