

LES MILLS

BECOME A LES MILLS INSTRUCTOR



CREATING LIFE-CHANGING FITNESS EXPERIENCES



WHO ARE WE?

Every athlete aims high and wants to be the best in their field. Our founder is a four-time Olympian who always sets big goals. Les Mills Sr started his first gym in Auckland, New Zealand in 1968. Now, nearly four decades on, LES MILLS™ workouts are loved by millions and available in clubs and gyms all across the planet.

We inspire millions of people to get moving every week. They engage with us and rely on us for the world's best group training. We mix great music and cutting-edge science to help people fall in love with fitness. Our workouts are licensed by 19,500 facilities in 100 countries around the world. Every three months, our workouts are updated with new music and choreography, backed by cutting-edge research and marketing support. Our tribe of 130,000 certified Instructors bring those workouts to life every day.



WHY LES MILLS?

WE BELIEVE YOU CAN CHANGE LIVES EVERY DAY.

You love fitness. You love the idea of inspiring and motivating a class full of people. Now, we'll help you take the next steps towards achieving great things.

TEACH SCIENTIFICALLY-PROVEN CLASSES.

Know that you're leading safe, effective and fun workouts that your participants will love. Get fresh new choreography and up to date session plans every 90 days.

GET NEW HITS FROM THE FRESHEST ARTISTS.

Music is what moves your class, and we bring you the best. We update our playlists every quarter so you have the freshest hit music that syncs perfectly with the workout.

GROW YOUR CAREER.

Your journey as a Les Mills Instructor has no limits. On-going education, advanced training and amazing career opportunities are all ahead of you. Plus, there's an amazing global community of 130,000 other instructors ready to help support and build you.

MAKE THE WORLD YOUR STAGE.

You can take your training all over the world with Les Mills. Our programs are internationally recognized and taught in over 19,500 facilities worldwide, with more added every day.

EXCLUSIVE DISCOUNTS.

You'll receive a 25% off instructor discount on all Reebok and Les Mills gear.

ATTEND INSPIRING AND MOTIVATING EVENTS.

Become part of a something bigger. Receive invitations to some of the world's most inspiring fitness experiences, regional events and exclusive training opportunities.

WHAT CAN YOU TEACH?

Group Training

LES MILLS
BODYATTACK

LES MILLS
BODYCOMBAT

LES MILLS
BODYFLOW

LES MILLS
BODYJAM

LES MILLS
BODYPUMP

LES MILLS
BODYSTEP

LES MILLS
BODYVIVE 3.1

LES MILLS
CXWORX

LES MILLS
RPM

LES MILLS
SH'BAM

High-Intensity Interval Training

Immersive Fitness

LES MILLS
GRIT

LES MILLS
sprint

LES MILLS
THE TRIP

Youth Training

BORN TO MOVE LES MILLS

TESTIMONIALS



“MY PARTICIPANTS ARE WHAT I LOVE THE MOST ABOUT MY JOB”.

“My participants are what I love the most about my job. You get to know the members in your class and as their Instructor, you’re more than just another face they come across in their day. You build relationships, care about and become completely inspired by their dedication to their own fitness journeys.”

- Justine Hendricks, US

“LES MILLS HAS CHANGED MY LIFE IN ONE VERY IMPORTANT WAY - IT HAS GIVEN ME

“Les Mills has changed my life in one very important way - it has given me confidence. Physically, I am stronger, faster, and more agile. Mentally, I lead with a positive outlook and am able to connect with people. As Instructors, we make a big impact on peoples lives. Giving them the freedom to move to music, exert some energy and catch up with classmates offers them a break from the outside world.”

- Krysta Dyer, US





HOW TO BECOME AN INSTRUCTOR

1. DISCOVER THE RIGHT PROGRAM FOR YOU.

Make sure you choose the right program for you. Talk to Instructors you know to get their feedback and tips on this and the journey you're about to embark on. Make sure to try the classes you are interested in to get a sense of what you're passionate about. Learn more [here](#).

2. FIND AN INITIAL MODULE TRAINING (IMT) NEAR YOU.

Visit the Instructor Training page on our website to locate and register for an upcoming Initial Module Training in your area.

3. RECEIVE YOUR INITIAL MODULE TRAINING PACK.

This is where you'll get all the detailed information you'll need to be well prepared. You'll also find out what 2 tracks you'll be teaching during the module, including the music, choreography and notes.

4. ATTEND TRAINING.

What an experience you will have! A full weekend learning something truly life-changing, along with meeting a whole group of other tribe members on the same journey as you are. Sweat, laughter and a lot of learning, you'll come out the other side armed to motivate others and with a host of new friends.

5. MAKE IT OFFICIAL.

After your Initial Module Training, take the opportunity to shadow teach as many classes as you can. This will prepare you for when you film your assessment video. This assessment video is the final stage to becoming certified and it ensures that all Les Mills Instructors are of the highest quality.

6. BECOME AN INSTRUCTOR.

Start your journey as a certified Les Mills Instructor and benefit from ongoing education and refreshed programs every 90 days.



WHAT TO EXPECT AT THE IMT?

The course is designed to cater to a range of adult learning styles, incorporating a mixture of lectures, discussions, practical sessions, teaching practice, individual and group feedback, and the opportunity for self-reflection. Over the duration of the course, you will learn everything you need to be able to teach the program safely, to include:

- **Class structure and purpose**, reasons for exercise sequencing, and class benefits.
- **How to interpret**, understand and learn choreography.
- **How to perform and evaluate** correct exercise technique, together with an in-depth understanding of how and why exercises are executed in a particular way.
- **How to coach** the class so that it is both safe and inspirational.
- **How to create** a memorable, fun and effective workout experience.



CONTACT INFO

Contact your local team:
[**info.usa@lesmills.com**](mailto:info.usa@lesmills.com)

If you have any questions,
we would love to hear from you.