



LES MILLS TRIBE INSTRUCTOR ACTIVITIES

(INCLUDES ALL LISTED ACTIVITIES FOR NON-LES MILLS TRAINERS)

Body Attack™

Barre™

Limitless™

Body Balance™

Body Combat™

Body Jam™

Body Pump™

Body Step™

The Trip™

CX Worx™

Sh'bam™

Sprint™

Grit Cardio™

Grit Plyo™

Grit Strength™

RPM™

Body Vive™

Tone™

Please call us to extend cover for Born To Move classes

NON-LES MILLS INSTRUCTOR ACTIVITIES

Aerial Hoop Dancing

Aerial Silk Dancing

Aerobics

Aerobic Swimming

Anti-Gravity Yoga

Aqua Zumba®

Bellyfit®

Body training systems

Boot Camp

Bokwa®

Boxercise

British Military Fitness

Buggy Fit

Calisthenics

Chair based exercise

Cheerleading (excluding acrobatics)

Circuit training

Clubbercise

Cross Fit®

Dance based exercise, including tap, burlesque, latin, salsa, hip-hop, ballet, modern, tap, country, flamenco, belly, swing

Exercise in the water

Fitball

Fitness FX

Fitness based equipment (use of)

Fitsteps®

Friskis & Svettis

General Exercise Class including those using equipment

Golf Biomechanics

Group Studio Cycling

Gym Instruction

Gyrotonic Instruction®

Hula Hoop classes

In Falls Preventions

Indian club swinging

Insanity

Jazzercise/Jazz Dancing

Jumpstyle

Junior fitness

Just Jhoom

Kangatraining

Kettlebells

Martial arts based fitness (non-contact only)

Metafit™

Non contact kickboxing

Nordic Walking

Nordic Walking Walk Leader (must have completed the Nordic Walking Leader qualification)

Personal training

Pilates

Piloxing®

PiYo

Pole Fitness

Powerplate

Rebounding

Running (indoor, cross country, path, road)

Salsa Dancing

Skipping

Spinning

Street dance instructor

Tai Chi (non-contact only)

Thump boxing

Trampoline

TRX training system

Yoga, including chi-yoga

ViPR™

Zumba® and other official Zumba® based activities

Extension NOT STANDARD. Sports Massage (but not in isolation) – Additional Premium