

WELCOME AT FITNESS CHAMBER

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LES MILLS



WE'RE ON A **MISSION TO** CREATE **A FITTER PLANET**

THIS DOESN'T MEAN MAKING PEOPLE WORK OUT

IT MEANS HELPING PEOPLE FALL IN LOVE WITH FITNESS
SO THEY WANT TO WORK OUT

WE SUPPORT CLUBS TO CREATE RELATIONSHIP BEYOND
MEMBERSHIP.

LES MILLS





LES MILLS



LES MILLS IN THE WORLD

- Set up in New Zealand, exists since 1968
Today you can train Les Mills in over 80 countries
- 16 500 partner clubs
- 120 000 active instructors

LES MILLS IN CZECH REPUBLIC AND SLOVAKIA

- 5 years in Czech Republic, 1 year in Slovakia
- Totally 15 partner Clubs
- 48 Les Mills programs
- 168 educated Les Mills instructors

GROUP EX SUPPORTED BY LES MILLS

STANDARDISED AND HIGH
QUALITY GROUP CLASSES

GROUP FITNESS MANAGEMENT

INITIAL TRAINING, QUATERLY
WORKSHOPS, ASSESSMENT
AND QUALITY CONTROL

MARKETING
MATERIALS/EVENTS




GROUP FITNESS MANAGEMENT

WHY IS GROUP EX IMPORTANT AT YOUR CLUB



**WHY DO PEOPLE
JOIN AND ATTEND
FITNESS CLUBS?**

RESULTS, COACHING,
MOTIVATION



INCREASE YOUR ATTENDANCE
BY GIVING MEMEBERS MORE
OF WHAT THEY WANT AND
THE RESULTS THEY CAME FOR
MOTIVATION

LES MILLS

RELATIONSHIP BEYOND MEMBERSHIP

14.30-15.30