

LES MILLS SPRINT **27**

MUSIC

01. ACCELERATED WARM-UP

02. MIXED CONDITIONING

03. SPRINTS

04. MIXED CONDITIONING

05. STRENGTH POWER

06. POWER FINISHER

07. COOLDOWN

DECLARATION OF INTENT

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MUSIC

01

THATS WHAT I WANT (2:21)

Lil Naz X

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Written by: Bach, Fedi, Hill, Slatkin, Tedder

THATS WHAT I WANT (1:28)

Lil Naz X

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Written by: Bach, Fedi, Hill, Slatkin, Tedder

02

Slap Suey (5:38)

Futurebound & BMotion

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Written by: Williams, Collins

03

All Through the Night (3:05)

Juelz

© 2021 Lowly.

Written by: Ching

04

Slap Suey (5:38)

Futurebound & BMotion

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Written by: Williams, Collins

05

Que Lo Que (3:01)

Hasse de Moor

© 2020 Group Chat.

Written by: de Moor

06

Drown (5:24)

Bonsai Bonanza

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Written by: Lee, Orchison, Carter, James

07

What You Know Bout Love (2:40)

Ghostly Stories

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Written by: Jackson, Lumpkin, Oliver, Zene



RELEASE SUMMARY



L-R: Bas Hollander, Glen Ostergaard, Khiran Huston

LES MILLS SPRINT Release 27– that’s what we want, a high-intensity interval training workout on a bike!

Post Warm-up, it's game on – 3x80-second efforts, Mixed Conditioning, heavy strength, double-power whammy and a maximal Sprint to top it off: the total training package in one track.

We roll straight into short Sprints, a chance to focus on Speed with a slightly more load. This means more control on the pedal and a higher Power output.

A repeat of Mixed Conditioning reinforces the Strength, Power and Speed combination; now the workout becomes real.

Then we roll into heavy Strength with Power surges. It’s the surges that will surprise you – a huge leg burn and cardio punch!

Lastly, we lay it down thick with pure Intervals of Power, 20 seconds max watts, Rest 20 seconds, max watts repeat... an emotional and physical high. You will love this training.

This is one of my personal favorite workouts – enjoy.

Glen

CREDITS

Program Director – Glen Ostergaard

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Dr. Jackie Mills

Technical Consultant – Bryce Hastings

Production Coordinator – Juliet Mora

PRESENTERS

Glen Ostergaard (New Zealand) is Program Director for LES MILLS SPRINT, BODYPUMP™ and RPM™ and lives in Auckland. He is father to three children, and an avid runner, cyclist and weight lifter.

Khiran Huston (New Zealand) is a LES MILLS SPRINT, LES MILLS TONE™, LES MILLS THE TRIP™, RPM, BODYPUMP and LES MILLS GRIT™, Trainer/Presenter. She is a Les Mills x Stages Ambassador and on the New Zealand TAP team. She is based in Auckland where she works as an Agile Coach.

Bas Hollander (The Netherlands) is a LES MILLS SPRINT, LES MILLS GRIT, LES MILLS TONE and LES MILLS THE TRIP Trainer/Presenter/ Ambassador and a BORN TO MOVE™ Trainer/ Presenter. He is also Les Mills International’s Education Director, based in Auckland.

FLOOR-COACHING: SAFETY TIPS

To ensure everyone’s safety during Floor Coaching, we suggest the following tips be considered:

1. Use of non-slip MTB-style cycle shoes (like the Reebok® cycle shoes worn by the Presenter team) and/or non-slip flooring
2. Clear pathways to walk through and access bikes and enter/exit the stage
3. Remember to avoid manually adjusting participants’ Load
4. If there is not adequate space to move safely, and the floor is slippery, we recommend you coach from your bike until these concerns can be addressed

RELEASE FEEDBACK

Tell us what you think of this release. Visit lesmills.com/release-feedback



01. ACCELERATED WARM-UP

TRACK FOCUS

- To prepare the class for the workout ahead using mixed training. Use the longer set-up time to coach LPT and the upbeat musical feel to set the vibe for the workout ahead.

WORKOUT PLAN

1x 20-second Power using Moderate to Heavy Load

2x 40-second Mixed Set: 20 seconds Power using Moderate to Heavy Load, 10 seconds Strength using Heavy Load, 10 seconds Power Sprint using Moderate Load

Music	Interval	LPT and Coaching Tips		
0:05	INTRO	Set up Workout Plan: 3x blocks of Mixed Training to get us warm. Block 1 – Power, Blocks 2 and 3 – Power, Strength and Power.		
WORK 1				
0:43		M–H	Stand 10secs	Power
0:54		M–H	Sit 10secs	Power
1:05	REST	Stick to the tempo, loosen up the Load slightly. Feeling good. Next set, we use Power, Strength and Speed to take us closer to breathlessness.		
WORK 2				
1:41		M–H	Stand 10secs	Power
1:51		M–H	Sit 10secs	Power
2:03		H	Stand 10secs	Strength
2:15		M	Sit 10secs	Sprint
2:26	REST	Stay with the tempo, reduce Load. Last set before we hit the next track and we want to make sure we are closer to breathlessness so we need to use the correct Load.		
WORK 3				
3:02		M–H	Stand 10secs	Power
3:13		M–H	Sit 10secs	Power
3:25		H	Stand 10secs	Strength
3:36		M	Sit 10secs	Sprint



01. THATS WHAT I WANT 3:49mins

TECHNIQUE AND COACHING

WORK 1

Let's get our class warm and ready for the workout ahead! Highlight that we use all three training variables to get them warm, and that it is short! Clearly set up LPT to ensure they get the training right from the start.

- *First round, 20 seconds of Power Training*
- *Find a Moderate to Heavy Load, enough to Stand on*
- *Stand, **chest lifted, core braced***
- *We're kick-starting the workout really fast*

WORK 2

Longer work set. Use simple cues to set up the Strength and Power Sprint phase. Set the expectation of where they should be by the end of this work set.

- *Next phase is going to take us to breathlessness*
- *We have three ways to get there: Strength, Power and Speed*
- *Moderate to Heavy Load. Engagement through the muscles*
- *Make it Heavy, Stand up, Strong, Slow*
- *Reduce, Moderate – let's go*

WORK 3

Now the class understands LPT, get everyone working harder to prepare them for their first challenge in the next track. The key to maximizing their training is the Warm-up!

- *Last set before the next track*
- *We want to get into the uncomfortable, closer to the red zone, so we're ready to fire!*
- *Try taking on more Load*
- *Are you with us? We want you with us!*
- *One more kick, reduce, go – HIIT zone!*

TRACK TIP

We don't prescribe Rest in Sprint; however, as the work sets are short, try to encourage your participants to hold the Tempo between work sets.



02. MIXED CONDITIONING

TRACK FOCUS

- We train all variables in one working set to optimize our training time and to increase our overall fitness.

WORKOUT PLAN

3x 80-second efforts of Mixed Training: 20 secs Strength, 40 secs Power, 20 secs Sprints

Music	Interval	LPT and Coaching Tips		
0:00	INTRO	Set up LPT: 3x 80 seconds of Mixed Conditioning – Strength, Power and Sprints. Let's set a goal of training each variable authentically. That means the correct Load and the correct leg Speed.		
WORK 1				
0:22		H	Stand 20secs	Strength
0:44		M-H	Stand 20secs	Power
1:06		M-H	Sit 20secs	Power
1:28		L-M	Sit 20secs	Sprint
1:50	REST	Great! Set 2 out of 3. Same thing again – this time, let's fine-tune our Load relative to the Training Tempo.		
WORK 2				
2:13		H	Stand 20secs	Strength
2:35		M-H	Stand 20secs	Power
2:57		M-H	Sit 20secs	Power
3:19		L-M	Sit 20secs	Sprint
3:41	REST	Rest. Integrated Training – Strength, Power and Speed to increase our athletic yield!		
WORK 3				
4:03		H	Stand 20secs	Strength
4:25		M-H	Stand 20secs	Power
4:47		M-H	Sit 20secs	Power
5:09		L-M	Sit 20secs	Sprint



02. SLAP SUEY 5:38mins

TECHNIQUE AND COACHING

WORK 1

Mixed Conditioning for the ultimate kick-off to their SPRINT workout today! Set up LPT with a focus on getting them into Strength Training first. We want to get everyone training each variable authentically and this will happen when we clearly use Layer 1 cues.

- *Find Heavy Load now, Stand up, Strength for 20 secs*
- *That's the Training Tempo*
- *Keep adding Load until you feel it, Heavy in the muscles*
- *We've got 40 secs of Power*
- *Reduce the Load, Moderate to Heavy, run!*
- *We feel this Power Load through our muscles*
- **Chest is lifted, core braced**
- *Feeling the energy of this Power Load – not too Heavy, not too Light; it's the sweet spot in between*
- *Sit, Sprint. **Hips are forward, toes slightly dipped***

WORK 2

Your class now knows what to expect. Use this set to Improve Execution and Adjust Intensity by holding your team accountable for the Training Tempo. By coaching your class to train the right Training Tempo for each variable, they will get the correct Training effect.

- *Set 2 or 3*
- *This time we're going to fine tune the Load based on the Tempo*
- *We're on the beat or slower. If your legs can Speed up over Tempo, add more Load!*
- *Power Training incoming!*
- *On the beat or slightly faster*
- *Find the Moderate to Heavy Load that keeps you there*
- *20 secs Light to Moderate – Speed up! It is so difficult to keep that speed up*

WORK 3

Last set! The team knows what Load to use and how fast to move. Now use Layer 3 cues to Motivate and drive them through the last set. Try applying silence during the Power phase and Inspire your team by physically taking yourself there.

- *You're incredible*
- *That's what Integrated Training feels like – combining Strength, Power and Speed to maximize our athletic ability*
- *You can feel this – heart rate's up!*
- *Halfway!*
- *There's nothing I can say right now that's more powerful than this Sprint sound!*
- *Train!*

TRACK TIP

THIS MUSIC! This sound is phenomenal so let's experiment with using silence as a coaching tool. Be sure to set your team up for success by using clear Layer 1 and 2 cues first. Before you use silence as a coaching tool, let your class know why you are doing this and bring awareness to the music. Then let your body language and physicality be the drivers, alongside the music, to Inspire and Motivate your team.



03. SPRINTS

TRACK FOCUS

- We use Moderate Load when training these Sprints to achieve a higher-effort output. Coach your class to find the correct Moderate Load to achieve the training effect.

WORKOUT PLAN

4x 30 seconds of Sprint – Power using Moderate Load.

Music	Interval	LPT and Coaching Tips
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0:00	INTRO	<i>Sprints! 30 on, 15 off. It's not an all-out Sprint. We use more Load to pick up our output; it should feel slower than your average Sprint.</i>
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WORK 1		
0:15	L–M	Sit 30secs Sprint – Power
0:45	REST	<i>It's not an all out gas, there's something behind it. Moderate Load – feel it in the muscles. This is a Power Sprint. The difference between this and your average Sprint is the Load used.</i>

FLOOR-COACHING		
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WORK 2		
1:00	M	Sit 30secs Sprint – Power
1:31	REST	<i>Stay relaxed. The moment you start to tense up, you will start to slow down. Moderate Load feels like a definite push back. It's not Light to Moderate – there's no freedom there. Feel it in the legs; it makes you work harder.</i>

WORK 3		
1:46	M	Sit 30secs Sprint – Power
2:16	REST	<i>One more. Same Load, same tempo, same intention. Hips forward now. Accelerate! To get the leg speed high, stay relaxed!</i>

FLOOR-COACHING		
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WORK 4		
2:31		Sit 30secs Sprints – Power



03. ALL THROUGH THE NIGHT 3:05mins

TECHNIQUE AND COACHING

WORK 1

First of four efforts. Coach clearly and use a simple LPT Layer 1 set-up to ensure your class understands the correct Load for a Sprint interval.

- *Light to Moderate, Set 1*
- *Power Sprint, **chest lifted, core braced***
- *It's slower. We dial down with more Load to pick up our output*

WORK 2

FLOOR-COACHING

An opportunity to Floor-Coach. Start the set on the bike and Look, See and Respond to what your class needs the most – do they need to Adjust Intensity or Improve Execution?

- *Feel Moderate Load in the muscles*
- *30 secs gas over the beat*
- ***Hips forward, arms relaxed***
- *The moment you start to tense up, you slow down*

WORK 3

FLOOR-COACHING

Highlight the feeling in the muscles and create meaning by Educating your team on the benefits of using a Moderate Load to Sprint on.

- *What does Moderate Load feel like? There's a definite push back. There's no freedom there – it sucks the legs!*
- *Higher-than-average output for a track like this because we have slightly more Load*

WORK 4

BACK ON BIKE

Physically demonstrate the Intensity you expect from your class in this final set.

- *Same Load, same legs, same intention*
- *Keep the speed high by staying relaxed*
- *Finish it!*

TRACK TIP

If the right Load is used we will increase our Power output. Use muscular feel cues to help your participants understand what it feels like to Sprint using a Moderate Load. Power – or watts – are a measure of our muscle output. Repeated bursts of high output with short recoveries is the perfect formula to drive the physiological changes in fitness and body composition specific to HIIT training.



04. MIXED CONDITIONING

TRACK FOCUS

- Coach your class to maximize their training by repeating Mixed Conditioning. Acknowledge their hard work and challenge them to approach each effort with an intensity that is right at this point in the workout.

WORKOUT PLAN

3x 80-second efforts of Mixed Training: 20 secs Strength, 40 secs Power, 20 secs Sprints.

Music	Interval	LPT and Coaching Tips
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0:00	INTRO	Back with the 3x 80 secs. Hitting the Strength, Power and Sprint. The reason we repeat the set is because our body remembers and gives us the chance to get even more out of this set the second time around.
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WORK 1				
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0:22		H	Stand 20secs	Strength
0:44		M-H	Stand 20secs	Power
1:06		M-H	Sit 20secs	Power
1:28		L-M	Sit 20secs	Sprint

1:50	REST	Acknowledge how hard you're working! It's not just the same set or music repeated, it's a choice, a feeling, a mindset! Take yourself there!		
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FLOOR-COACHING				
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WORK 2				
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2:13		H	Stand 20secs	Strength
2:35		M-H	Stand 20secs	Power
2:57		M-H	Sit 20secs	Power
3:19		L-M	Sit 20secs	Sprint

3:41	REST	We've done this five times already! You know exactly what's coming. The last one doesn't need too much coaching. Go as hard as you can!		
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BACK ON BIKE				
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WORK 3				
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4:03		H	Stand 20secs	Strength
4:25		M-H	Stand 20secs	Power
4:47		M-H	Sit 20secs	Power
5:09		L-M	Sit 20secs	Sprint



04. SLAP SUEY 5:38mins

TECHNIQUE AND COACHING

WORK 1

We've been here before but it's going to feel completely different. Because we've done this before, use this set to get the focus on maximizing the next three efforts. Use simple language to reset LPT and then use a building voice to create excitement for the work ahead!

- *It's our chance to do this better*
- *Real Heavy, Strength. Side to side*
- *Power, **hips forward, chest lifted**, pump the knees*
- *Sit, halfway*
- *Don't tap out, dig in*
- *Light to Moderate, fast leg speed*
- *Sprint, **toes are slightly dipped***

WORK 2

FLOOR-COACHING

Floor-Coaching is a powerful tool that gets your team to work to their maximum. Identify what your team needs to stay at their maximum – do they need to Adjust Intensity or Improve Execution?

- *Heavy*
- *You have to take yourself there – it's not just the same set repeated!*
- *Run!*
- *It feels like I can't breathe; it feels like tension through the muscles*
- *Focus on how good this feels*
- *You're increasing your overall capacity, getting fitter fast*

WORK 3

BACK ON BIKE

Last set. Your class feels confident with the training because you've set them up for success. Now use the power of silence to Motivate and Drive Intensity in this final effort. When you are silent, you are free to physically take it to the edge with your team. There is nothing more powerful than a Sprint Coach displaying athleticism!

- *Last one! We've done this five times already, so the last one doesn't need coaching*
- *We acknowledge the work and push through*
- *Power! 60 secs!*
- *Sit! Power! 40 secs!*
- *Sprint! 20 secs!*
- *All the way to the end!*

TRACK TIP

Because we repeat this set there is less of a requirement for Layer 1 cues and more opportunity to dial up the Layer 2 cues; Motivate. It's important to deliver your Layer 2 cues in real-time, coaching to the class in front of you. Silence will not only help you Look, See and Respond appropriately, it also provides freedom to be an absolute athlete on the bike with your team.



05. STRENGTH POWER

TRACK FOCUS

- We optimize our Strength Training by combining Power surges to challenge the muscles in the legs, making us stronger.

WORKOUT PLAN

1x continuous effort for 2 minutes 30 seconds. Strength using Heavy Load.

Music	Interval	LPT and Coaching Tips		
0:00	INTRO	Set up LPT: Strength and Power. Back half of the work set surging 8x, maintaining a Strength Load and using a Power Training tempo. Find Heavy Load, find tempo. Lots of Load, lots of tension to make us stronger in a Standing position.		
WORK 1				
0:30		H	Stand 15secs	Strength
0:45		H	Sit 15secs	Strength
1:00		H	Stand 15secs	Strength
1:15		H	Sit 15secs	Strength
1:30		H	Stand 15secs	Strength
1:45		H	Stand 3secs	Strength
1:48		H	Stand 3secs	Power
1:53		H	Stand 3secs	Strength
1:56		H	Stand 3secs	Power
2:00		H	Stand 3secs	Strength
2:04		H	Stand 3secs	Power
2:08		H	Stand 3secs	Strength
2:11		H	Stand 3secs	Power
2:15		H	Stand 3secs	Strength
2:19		H	Stand 3secs	Power
2:23		H	Stand 3secs	Strength
2:26		H	Stand 3secs	Power
2:30		H	Stand 3secs	Strength
2:34		H	Stand 3secs	Power
2:38		H	Stand 3secs	Strength
2:42		H	Stand 3secs	Power
2:45		H	Stand 15secs	Strength



05. QUE LO QUE 3:01mins

TECHNIQUE AND COACHING

WORK 1

Set up clear Layer 1 LPT cueing. Coach your team to get the Training Tempo for the Strength phase right from the start. Explain that they can reduce to a Moderate to Heavy Load in the second half to stay on the Training Tempo. The surges will get their heart rate up and Layer 2 cueing will keep them there. Make sure you know the music well enough to confidently coach the surge phase.

- *Strength Power. Strength in the first half, Power surge in the second*
- *Find muscle tension, mechanical tension*
- ***Big and lifted through the chest, core is braced straight away***
- *As it gets heavier, grip harder*
- *8 surges*
- *Fast, brace, lean forward*
- *Heart rate, high, high, high*
- *There's tension and metabolic stress! Together, leaner, meaner!*

TRACK TIP

The training effects specific to HIIT occur when we push past the point where our muscles can use oxygen for fuel. Power surges are a great way to drive into our anaerobic zone. This creates the accumulation of lactate within the muscles and sets off the biochemical changes that make us fitter and stronger.



06. POWER FINISHER

TRACK FOCUS

- Coach your class to train intensity in the last track of the class utilizing the 1:1 Work/Rest ratio. Longer Rest phases to increase their work capacity and effort.

WORKOUT PLAN

6x 20-second Power efforts using Moderate to Heavy Load.

Music	Interval	LPT AND Coaching Tips		
0:00	INTRO	Last track. We have a 1:1 Work/Rest ratio – that's 20 secs of Work, 20 secs of Rest, repeated 6x and we train via Power. Moderate to Heavy Load. Stand, go!		
0:49	WORK 1	M–H	Stand 20secs	Power
1:11	REST	Good job – 2 out of 6. Love the Work/Rest ratio! It allows us to go all out in every single effort. Here's our second one! Let's do it!		
1:33	WORK 2	M–H	Stand 20secs	Power
1:55		2 down, here comes 3. Standing, Moderate to Heavy. As hard as you can go!		
2:16	WORK 3	M–H	Stand 20secs	Power
2:37	REST	40 secs of Rest! This is the longest we Rest for in the entire class and you've earned it. Know this! Athleticism isn't an aesthetic, it's a feeling, a mindset. It's perseverance. It's the way you show up! And you know what? It's in you! Train with us!		
3:22	WORK 4	M–H	Stand 20secs	Power
3:43	REST	There's 2 more! Don't just hear this one – feel this one!		
4:04	WORK 5	M–H	Stand 20secs	Power
4:27		It all comes down to this: 6 out of 6. Max output! Let's go!		
4:48	WORK 6	M–H	Stand 20secs	Power



06. DROWN 5:24mins

TECHNIQUE AND COACHING

WORK 1

Final track and it's a 1:1 Work to Rest ratio, which ensures maximum intensity when your class is fatigued the most. Set up the Intention for the track and quickly recap LPT in Set 1.

- *All-out effort!*
- *We know the Load, we know the leg speed – be confident*
- *We know what we're doing and we know where we want to be!*
- **Chest lifted, hips forward, brace core**

WORK 2

Set 2. Remind them why this training ratio is so beneficial and use Layer 2 Improve Execution cues to ensure they are maximizing the training effort.

- *Two of six efforts*
- *I love this Work to Rest ratio, it allows us to go all out!*
- **Hips forward**
- **Chest lifted**

WORK 3 AND 4

Time indicators are a helpful tool. Be sure to let your participants know where they are in the track. Use Layer 3 Motivate cues to drive your participants through fatigue.

- *Two down, here comes three*
- *20 secs as hard as you can go!*
- *All of the hard work and conditioning pays off right now!*

WORK 5 AND 6

Continue with Motivation! Time to bring your best Motivational cues out. What can you say or not say to get your class to stay fighting in the last two rounds?

- *Just two more to go*
- *Put your finger on the volume slider and crank it up!*
- *Do you feel that?*
- *It all comes down to this – 6 out of 6!*
- *Empty the tank!*
- *Go. Go. Go!*

TRACK TIP

In true SPRINT training style, we train a 1:1 Work to Rest ratio right at the end to maintain a high heart rate. There is no holding back and by physically taking yourself there as a coach, you will not only Inspire your team to work hard but it will help them push past their anaerobic threshold in this last track. That's a great way to finish the workout.



07. COOLDOWN

WHAT YOU KNOW BOUT LOVE 2:40mins

WORKOUT PLAN

Roll legs using any training and Load for 1–2 minutes, depending on what your class needs.
Dismount off the bike. Stretching should include quads, glutes and hamstrings.
Use the Cooldown to celebrate the work and effort of the class.



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While honouring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, colour and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in others, and we aim to traverse these delicate in some contexts can be seen as inappropriate

in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue.

We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

