

LES MILLS THE TRIP 23

MUSIC

01. VALLEY

02. CLIMB 1

03. FOREST

04. DREAMSPACE 1

05. DREAMSPACE 2

06. CLIMB 2

07. CAVERN

08. DREAMSPACE 3

09. DREAMSPACE 4

10. CLIMB 3

11. SUMMIT

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MUSIC

01 **Tondo** (5:14)
Riffing On It
© 2020 Les Mills Music Licensing.
Written by: Roosevelt, G. Lawrence, H. Lawrence

02 **The Difference** (3:43)
Flume, Toro y Moi
© 2020 Future Classic.
Written by: Bundick, Streten

03 **First Body** (2:53)
TNGHT
Courtesy of Warp Records.
Written by: Birchard, Fermin Pierre II

04 **Smang** (4:04)
Fas Fash
© 2020 Les Mills Music Licensing.
Written by: McCarthy

05 **N'Dini (Tal M Klein Remix)** (4:45)
Nickodemus
© 2013 Wonderwheel Recordings.
Written by: DeSimone, Kouyate

06 **Dreams** (3:37)
94
© 2020 Les Mills Music Licensing.
Written by: Johnson

07 **Horizon (Extended Mix)** (5:22)
Mosimann & Leandro Da Silva
© 2019 Protocol Recordings BV.
Written by: Mosimann, Da Silva

08 **Spooling** (3:20)
Ess El
© 2020 Les Mills Music Licensing.
Written by: Lam

09 **Takeover** (4:59)
PAM
© 2020 Les Mills Music Licensing.
Written by: Noble, Hobbs

10 **Somewhere** (3:28)
All Or Nothing
© 2020 Les Mills Music Licensing.
Written by: G. Alric, J. Alric, Kpokoua

11 **The One** (2:16)
Bobby Weaving
© 2020 Les Mills Music Licensing.
Written by: Arts

OUTRO
12 **Sunny Day Walk** (1:00)
Bobby Weaving
© 2020 Les Mills Music Licensing.
Written by: Arts



MESSAGE FROM THE TRIP TEAM

THE TRIP 23 – O P U S

An artistic work on a large scale describes this release which we have called O P U S.

The narrative is driven by a journey to a summit and this becomes a metaphor for the ride. During the ascent we encounter several splits, or forks, in the road that provide opportunities to challenge our fitness.

A beautiful low-land valley welcomes us and leads us to the first of our climbs to the summit. From here we take the first fork in the road and enter a darker space where the workout continues to lift.

We enter a Dreamspace of beat driven elements which lead us through to our second climb toward the summit, and this is followed by the final fork in the road and another Dreamspace.

The ride concludes with our third and final climb to the summit and a reflective cruise through a beautiful landscape.

We have the pleasure of having Bas Hollander back to lead our Masterclass. Bas brings his unique, infectious style to the ride and there are lots of great takeaways for everyone.

A reminder to everyone that whilst this class is not filmed with an audience the approach taken and language used is absolutely appropriate. For our live classes we simply create plenty of opportunities to turn around and connect with our riders just as Bas does when he talks to us through the lens of the camera.

Finally on behalf of the entire crew here at Les Mills we want to thank you for your ongoing support. We sincerely love having you on this journey with us.

Les & Chris
THE TRIP Team

CREDITS

- Choreography** – Les Mills Jnr
- Chief Creative Officer** – Dr Jackie Mills
- Creative Director** – Les Mills Jnr
- Product Manager** – Chris Richardson
- Technical Consultant** – Bryce Hastings
- Presenter** – Bas Hollander
- Production Coordinator** – Amber Pountney

KEY

PACE	
STOP	Legs not moving
1/4	SUPER Slow
1/2	Slow – 1 pedal stroke every 2cts
3/4	Medium
3/4+	Building – Just under the beat
3/4++	Chase the beat (140+rpm)
1/1	On the beat – 1 pedal stroke every 1cts
1/1+	Ahead of the beat
RESISTANCE	
L	Light
M	Moderate
H	Heavy
+/-	Add/Reduce Resistance
Time	Times are based on full movie/music length

RELEASE FEEDBACK
Tell us what you think of this release.
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01. VALLEY – TONDO 5:14mins

SET THE SCENE

Some crazy things are about to happen

PROFILE

50 intro

30 speed, 30 climb, 30 speed

60 climb, 30 speed, 45 climb

1/1 = 132rpm

TRACK TIP

Before we start we should remind ourselves of THE TRIP State Of Mind - leading a cool intense workout and riding with friends - and with that in mind let's get into it! The INTRO sequence builds anticipation and we can enhance this by finding our way of sharing the excitement. We coach with a smooth flowing feel that progressively builds as we physically and vocally lift especially in Block 3. As usual we refrain from referencing the Visuals, and instead we can talk about the opportunities ahead of us or find chances to Turn, See & Acknowledge our riders.

BLOCK 1 – 50 intro

0:00	14x8	INTRO / RECOVERY Push play – do your final checks and announcements, then get ready to roll		
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BLOCK 2 – 30 speed, 30 climb, 30 speed

0:51	8x8	Sit <i>Light to Moderate Resistance. Medium Pace. Upper body nice & relaxed</i>	L - M	3/4
1:20	8x8	Sit <i>Add a gear. Building Pace. Closing in on that beat</i>	M	3/4+
1:49	4x8	Sit <i>Now we find Heavy Resistance. More pressure. Enough to Stand on. We slow to the 1, 2, 1, 2</i>	H	3/4 - 1/2
2:03	4x8	Stand <i>Chest up. Brace the core</i>		1/2
2:18	8x8	Sit <i>Speed up. Sit down. Reduce to Moderate. On the beat</i>	M	1/1

BLOCK 3 – 60 climb, 30 speed, 45 climb

2:47	4x8	RECOVERY <i>We can Recover wherever we want. Whatever feels good for us.</i>		
3:02	16x8	Stand 32cts & Sit 32cts - x2 <i>Accelerate last 16 cts</i>	H	1/2
4:00	8½x8	Sit <i>We are warming our bodies to work with energy</i>	M	1/1
4:31	3½x8	Stand <i>Our bodies are warm now. Breathing deeper & faster</i>	H	1/2
4:44	8x8	Sit 16cts & Stand 16cts - x2		1/2



02. CLIMB 1 – THE DIFFERENCE 3:43mins

SET THE SCENE

Our goal is to reach the Summit

PROFILE

25 climb

70 climb

70 climb

1/1 = 160rpm

TRACK TIP

We can use the initial Recovery to reset energy levels and then enhance the tilt up by explaining the Summit is our ultimate destination. This then becomes a recurring theme throughout the ride. As we progress through the climb we take a similar approach to the previous track with smooth flowing coaching that progressively builds as the intensity lifts - and yes it will lift! This is one of those tracks that creeps up on you and before you know it the intensity is in the RED ZONE. To help us manage this take advantage of the opportunities where we Sit and reduce slightly whilst staying on the climb - its a great way to keep EVERYONE in the workout.

BLOCK 1 – 25 climb

5:15	6x8	RECOVERY <i>Three climbs coming at us</i>		
5:33	4x8	Sit Coach Pace then Resistance. Find the beat 1, 2, 1, 2. Now find Heavy Resistance to get us out of the seat	L - H	3/4 - 1/2
5:45	4x8	Stand 16cts & Sit 16cts <i>Option to add a gear when we Stand</i>	H	1/2
5:57	4x8	Stand	OPT +	1/2

BLOCK 2 – 70 climb

6:09	4x8	Sit <i>Sit. Stay on the beat. Reduce slightly but keep climbing</i>	L - H	1/2
6:21	4x8	Stand 16cts & Sit 16cts	H	1/2
6:33	4x8	Stand <i>To help us stay on the rhythm we drive the pedals from above</i>	OPT +	1/2
6:45	4x8	Sit <i>When we Sit we drive the pedals from behind</i>		1/2
6:57	4x8	Stand <i>Can we lift the challenge even more?</i>	OPT +	1/2
7:09	8x8	Stand 16cts & Sit 16cts - x2 <i>This climb is tough</i>	OPT +	1/2

BLOCK 3 – 70 climb

7:33	4x8	Sit <i>Sit. Stay on the beat. Reduce slightly but keep climbing</i>	L - H	1/2
7:45	4x8	Stand 16cts & Sit 16cts <i>Relax the toes and push hard through the balls of the feet</i>	H	1/2
7:57	4x8	Stand	OPT +	1/2
8:09	4x8	Sit <i>40 seconds left</i>		1/2
8:21	4x8	Stand <i>The challenge we give ourselves today determines our progression tomorrow</i>	OPT +	1/2
8:33	8x8	Stand 16cts & Sit 16cts - x2 <i>Challenge is the key to progress. Its tough but it feels so good</i>	OPT +	1/2



03. FOREST – FIRST BODY 2:53mins

SET THE SCENE

Fork in the road

PROFILE

40 jumps - x2

1/1 = 97rpm

TRACK TIP

Definite shift in this one - we are done with the smooth flowing coaching for now! Short 40 seconds Blocks so the focus should be simple direct cues that emphasize Pace & Resistance to create an instant hit of intensity. We are vocally energetic and enthusiastic and we serve our riders best by challenging them in an inclusive way e.g. we are pushing our fitness, are we able to fine tune, can we add more?

BLOCK 1 – 40 jumps

8:58	3x8	RECOVERY <i>We can go left and take it easy or we can go right and challenge and push ourselves even harder</i>		
9:23	4x8	Sit Coach Pace then Resistance. <i>Find the beat 1, 2, 1, 2, now find Moderate - Heavy Resistance</i>	M - H	1/1
9:43	4x8	Stand 16cts & Sit 16cts <i>We can add Resistance anytime we Stand. I'm adding, are you?</i>	OPT +	1/1
10:02	4x8	Stand 8cts & Sit 8cts - x2 <i>Stand - hips forward. Sit - hips back. Stand - chest up. Sit - shoulders down</i>	OPT +	1/1

BLOCK 2 – 40 jumps

10:22	6x8	RECOVERY <i>Recovery is as important as the work. It allows us to maximize our intensity</i>		
10:52	2x8	Sit <i>Same again. 40 seconds of power training</i>	M - H	1/1
11:02	4x8	Stand 16cts & Sit 16cts	OPT +	1/1
11:22	4x8	Stand 8cts & Sit 8cts - x2 <i>Fire in our legs!</i>	OPT +	1/1
11:42	2x8	RECOVERY		



04. DREAMSPACE 1 – SMANG 4:04mins

SET THE SCENE

Let's get deeper into this workout

PROFILE

30 speed

30 speed

45 climb, 30 speed

1/1 = 126rpm

TRACK TIP

We enter the Dreamspace and with it a dramatic shift in the Visuals. Our delivery style also shifts to a slightly darker more direct vibe, but be wary of wandering into an angry or demanding feel as this is not what we are looking for. These darker and challenging spaces still require an inclusive and positive feel as we each find our own way to manage the intensity we encounter. Keep the vibes high and lifted when entering the second Recovery chamber, its a great chance to celebrate even though its short.

BLOCK 1 – 30 speed

11:51	4x8	RECOVERY <i>Three 30 second speed phases up ahead. The last one leads out with a climb</i>		
12:06	4x8	Sit <i>Let's find Moderate tension that makes us work hard on the beat</i>	M	3/4 - 3/4+
12:22	8x8	Sit <i>Drop the shoulders. Light brace through the core. Knees forward</i>		1/1

BLOCK 2 – 30 speed

12:52	4x8	RECOVERY <i>Intensity needs Recovery</i>		
13:07	4x8	Sit <i>Back to our Moderate gear. Another 30 seconds. Building. Building!</i>	M	3/4 - 3/4+
13:23	8x8	Sit <i>1, 2, 1, 2, 1, 2, 1. When we ride fast we slide forward, it makes our legs go quicker</i>		1/1

BLOCK 3 – 45 climb, 30 speed

13:53	2x8	RECOVERY <i>Short Recovery - keep the energy up & hook into the Music</i>		
14:01	2x8	Sit <i>Get ready to Stand. Go Heavy, Build pressure. 1, 2 ,1, 2. Ready to lift</i>	H	1/2
14:08	4x8	Stand 16cts & Sit 16cts <i>Sit hips back. Core strong</i>		1/2
14:24	8x8	Stand <i>Accelerate last 16cts - Shift weight side to side to help push. Whole body is working when we climb!</i>	OPT +	1/2
14:54	8x8	Sit <i>Fast, fast, fast. Were doing it. Working hard & riding fast. Dig deep, stay in</i>	M	1/1
15:25	4x8	Sit <i>That was so good. Those speed phases kick up the heart rate massively</i>		3/4 - 1/2
15:40	4x8	RECOVERY <i>Relax. Recover</i>		



05. DREAMSPACE 2 – N’DINI (TAL M KLEIN REMIX)

4:45mins

SET THE SCENE

We're closing in on the midway point

PROFILE

80 climb, 20 speed, 50 climb, 30 speed, 30 climb, 40 speed

1/1 = 120rpm

TRACK TIP

The smooth flowing feel is retained - we SHOW smooth transitions in and out of the seat as we shift Resistance and Pace between the climbs and speed phases - we SAY simple cues and coach MORE BEFORE LESS i.e. heading into climbs we cue RESISTANCE before PACE and heading into speed we cue PACE before RESISTANCE. By doing this we stay immersed in the workout. Build physical and vocal excitement throughout the track to enhance the experience even further.

BLOCK 1 – 80 climb, 20 speed, 50 climb, 30 speed, 30 climb, 40 speed

15:55	4x8	RECOVERY <i>4 minutes of smooth continuous transitions</i>		
16:11	4x8	Sit <i>First climb is 80 seconds</i>	L - H	1/2
16:28	20x8	Stand 16cts & Sit 16cts - x5 <i>The challenge is to try & add Resistance every time we Stand up</i>	H & OPT +	1/2
17:47	5x8	Sit	M	1/1
18:07	13x8	Stand <i>Smooth transition and Stand. This one is 50 seconds. Shift our bodyweight side to side</i>	H & OPT +	1/2
18:59	8x8	Sit	M	1/1
19:31	6½x8	Stand <i>Last one now. Only 30 seconds. Pull on the handlebars to create extra force to drive the legs</i>	H & OPT +	1/2
19:57	10x8	Sit	M	1/1
20:38	1x8	RECOVERY <i>Recover. Midway point</i>		



06. CLIMB 2 – DREAMS 3:37mins

SET THE SCENE

Let's continue our climb to the Summit

PROFILE

80 climb

30 speed, 30 climb

1/1 = 127rpm

TRACK TIP

Off the back of the last two tracks this is a great chance to ease back and gently build the first climb using a calm & composed feel. Remaining calm & composed, especially with our voice, creates wonderful contrast and reassures riders that everything will be OK even though it's challenging. In Block 2 we can keep our voice low but layer in more urgency to create more focus as the intensity lifts. Keeping our voice low gives us somewhere to go in the next track and it's a banger!

BLOCK 1 – 80 climb

20:41	8x8	RECOVERY <i>Use this time to breathe</i>		
21:11	4x8	Sit <i>Let's work our way back to a Heavy gear. 80 second climb ahead. We got this</i>	L - H	1/2
21:27	20x8	Stand 24cts & Sit 8cts - x5 <i>Feels good to challenge ourselves, to push our boundaries. Try adding just a touch</i>	H & OPT +	1/2

BLOCK 2 – 30 speed, 30 climb

22:42	6½x8	RECOVERY <i>Great work. Ahead we have 30 seconds speed and 30 seconds climb</i>		
23:05	1x8	Sit	M	3/4
23:12	8x8	Sit		1/1
23:43	8x8	Stand 24cts & Sit 8cts - x2 <i>When it gets real tough hook into the beat or remember why we started. We find something. We got this</i>	H & OPT +	1/2
24:13	1½x8	RECOVERY <i>Next fork in the road...we're going right!</i>		



07. CAVERN – HORIZON (EXTENDED MIX) 5:22mins

SET THE SCENE

Ready for a banger?

PROFILE

30 climb, 45 speed

30 climb

30 climb, 30 speed

30 climb, 30 speed

1/1 = 126rpm

TRACK TIP

For most of us this will be the track. The track where we take it a step too far - because when the music vibes are good we can have a tendency to talk too much. With that in mind think about where our energy needs to be, especially our vocal energy at different parts of the track. For example the build into the second climb is urgent, big, and busy then when we Stand we are silent and we let the Music do the work. Think massive dance festival and you can't go wrong.

BLOCK 1 – 30 climb, 45 speed

24:19	4x8	RECOVERY <i>Four climbs with some speed phases. Make it Heavy. Make it real Heavy! Stand</i>		
24:34	8x8	Stand <i>Driving hard. Feeling great. Lift through the climb</i>	H	1/2
25:04	12x8	Sit <i>Medium Pace. Close in on the beat. Now above the beat - as fast as we can!</i>	M	3/4 - 1/1+

BLOCK 2 – 30 climb

25:50	4x8	RECOVERY <i>Next climb. 30 seconds</i>		
26:06	4x8	Sit <i>Again let's make it real Heavy. This is the one we've been waiting for. 3, 2, 1...</i>	L - H	1/2
26:21	8x8	Stand	H & OPT +	1/2

BLOCK 3 – 30 climb, 30 speed

26:51	4x8	RECOVERY <i>So good. Well done. Still on the Heavy. We go 30 seconds up then 30 seconds down</i>		
27:06	4x8	Stand <i>Push your legs. Pull our arms</i>	H	1/2
27:22	4x8	Sit <i>Keep pushing. Drive. Speed up, back to Moderate, faster, faster</i>		1/2 - 3/4
27:37	8x8	Sit <i>Let it go. Quick circles</i>	M	1/1 - 1/1+

BLOCK 4 – 30 climb, 30 speed

28:07	4x8	RECOVERY		
28:23	4x8	Stand <i>We've got one more to go. We are rocking this</i>	H	1/2
28:38	4x8	Sit <i>Feeling the power through our bodies, the drive to push boundaries, how fast can we go right now?</i>		1/2 - 3/4
28:53	8x8	Sit	M	1/1 - 1/1+
29:24	4x8	RECOVERY <i>Wow. Well done</i>		



08. DREAMSPACE 3 – SPOOLING 3:20mins

SET THE SCENE

Here we go again

PROFILE

30 climb, 60 speed

60 climb

1/1 = 127rpm

TRACK TIP

We take a similar approach to Track 6 - calm & composed then layering in urgency - this increases our chances of creating contrast between the previous track and the next. Encourage riders to ride the beat especially when going fast. If they can go faster encourage them to add a touch more gear to pull them onto the beat. It feels so good to ride this beat. Try not to say too much.

BLOCK 1 – 30 climb, 60 speed

29:41	5x8	RECOVERY <i>Easy 30 second climb to start</i>		
30:00	8x8	Stand 24cts & Sit 8cts - x2 <i>Accelerate last 8cts - Reset Position. Chest up & shoulders down. When we Sit try adding a gear</i>	H & OPT +	1/2
30:30	16x8	Sit - Surges x4 <i>24cts 1/1 & 8cts 3/4 - Commit to the beat then roll. If we can add a gear we should</i>	M & OPT +	1/1 - 3/4

BLOCK 2 – 60 climb

31:30	4x8	RECOVERY <i>Recover. 60 second climb ahead. Test the Resistance and if we can add more gear we should</i>		
31:46	16x8	Stand 24cts & Sit 8cts - x4 <i>Can we add?</i>	H & OPT +	1/2
32:46	4x8	RECOVERY <i>Use this as much as you can</i>		



09. DREAMSPACE 4 – TAKEOVER 4:59mins

SET THE SCENE

We're in a great place

PROFILE

75 jumps - x3

1/1 = 120rpm

TRACK TIP

Challenging but empathetic. Dark but light. That is the mindset we need - so if we physically go there we can share the raw experience more authentically. These Blocks are big and its very easy to blow out so its important to let everyone know they can fall off the beat when they Sit, more-so because they need to and not just because they want to. Look after yourself this one is BIG!

BLOCK 1 – 75 jumps

33:01	4x8	RECOVERY <i>Three Blocks. 75 seconds each. We Stand on the beat, and if that means we drop off when we Sit that's OK</i>		
33:21	2x8	Sit <i>Rhythm is 1, 2, 1, 2, find Moderate - Heavy and we Stand for 8, 7...</i>	M - H	1/1
33:30	4x8	Stand 8cts & Sit 8cts - x2 <i>Stand on the beat. Sit. Dropping off slightly is OK. Get ready to double it up. 16 up, 16 down</i>	OPT +	1/1 - 3/4
33:50	4x8	Stand 16cts & Sit 16cts - x1 <i>We've committed to the Resistance. Let's amp it up. 12 up, 4 down</i>	OPT +	1/1 - 3/4
34:09	8x8	Stand 12cts & Sit 4cts - x4 <i>Lean into it. Fight for the beat</i>	OPT +	1/1 - 3/4

BLOCK 2 – 75 jumps

34:47	4x8	RECOVERY <i>One down & two to go. Same feel just switching it up a bit. If we can do more we should</i>		
35:07	4x8	Stand 16cts & Sit 16cts - x1 <i>Get a feel for the push. Add more if you can</i>	M - H	1/1 - 3/4
35:25	8x8	Stand 8cts & Sit 8cts - x4 <i>Aim for the beat. Fall back if we have to</i>	OPT +	1/1 - 3/4
36:03	4x8	Stand 12cts & Sit 4cts - x2 <i>Really push. Commit to the beat</i>	OPT +	1/1 - 3/4

BLOCK 3 – 75 jumps

36:23	4x8	RECOVERY <i>Last one. When we challenge we progress</i>		
36:42	4x8	Stand 16cts & Sit 16cts - x1 <i>Up, up, up. Sit, Sit, Sit</i>	M - H	1/1 - 3/4
37:02	8x8	Stand 8cts & Sit 8cts - x4 <i>Up, up, up. Sit, Sit, Sit</i>	OPT +	1/1 - 3/4
37:40	4x8	Stand 12cts & Sit 4cts - x2 <i>Everything we have right now!</i>	OPT +	1/1 - 3/4



10. CLIMB 3 – SOMEWHERE 3:28mins

SET THE SCENE

One more push to the Summit

PROFILE

150 climb

1/1 = 130rpm

TRACK TIP

After the demands of the last track its easy to think its over - but its not. Revert back to a smooth flowing feel that progressively builds as we physically and vocally lift. Using a similar approach to the start of the class is a great way to revisit some of the language we used earlier and subconsciously it helps keep our riders immersed. Give this one plenty of space.

BLOCK 1 – 150 climb

38:01	8x8	RECOVERY <i>The hard work isn't over but we are close</i>		
38:31	8x8	Stand 32cts & Sit 32cts - x1	H	1/2
39:01	8x8	Stand 16cts & Sit 16cts - x2 <i>Hips over the pedals. Driving smooth but hard</i>	OPT +	1/2
39:30	8x8	Stand 8cts & Sit 8cts - x4 <i>Core is locked. Just take your time</i>	OPT +	1/2
40:00	8x8	Sit <i>Reduce, we've got one more. 30 seconds</i>	L	1/2
40:29	8x8	Stand	H	1/2
40:58	8x8	RECOVERY <i>We've made it</i>		



11. HOME – THE ONE 2:16mins

SET THE SCENE

Almost at our destination

PROFILE

25 climb, 25 speed, 45 climb, 45 speed

1/1 = 110rpm

TRACK TIP

We give ourselves and our riders space - this gives us a chance to be spontaneous if the moment allows. As always the final track is a great chance to reflect and congratulate everyone for their effort.

BLOCK 1 – 25 climb, 25 speed, 45 climb, 25 speed

41:30	2x8	RECOVERY		
41:40	5x8	Stand	H	1/2
42:04	4½x8	Sit <i>Challenge leads to progress. Progress to fitness. Fitness to results</i>	L	1/1
42:28	5x8	Stand <i>We started in the Valley. Those big climbs. The forks in the road</i>	H	1/2
42:52	4x8	Sit 8cts & Stand 8cts - x2		1/2
43:11	7x8	Sit <i>We can be really proud of our effort today</i>	L	1/1 - STOP



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 honoring 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, color 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 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.

