

## **LES MILLS BARRE FAQ's**

### **What is LES MILLS BARRE?**

LES MILLS BARRE™ is a brand new Les Mills program. The class is a modern expression of classic balletic training; a 30-minute workout designed to shape and tone the muscles, build core strength, and allows you to escape the everyday.

### **What should people expect in a class?**

LES MILLS BARRE is a 30 minute ballet inspired style of training that works to shape and tone your whole body. We begin with a warm-up followed by a sequence of cardio-esque training, building to a cardio peak. We then move into ballet strength, using light weights and finish with targeted balletic conditioning to complete your full body training.

### **Why are Les Mills launching a Barre program?**

We've all seen the growth of boutique style clubs over the past few years. LES MILLS BARRE is one of those classes that many boutiques offer and we want to make this beautiful program accessible for all our club customers to remain relevant and competitive in a changing marketplace. It's also a fabulous workout for members and something really different for us to offer in our range of workouts.

### **Why it works for your members:**

It may look beautiful, but don't underestimate the burn.

Beautiful does not mean weak. Ballet dancers are the world's strongest athletes, their grace and elegance shaped by focused and controlled training. If members are looking for a new way to challenge themselves, or maybe used to do ballet, they will love LES MILLS BARRE. Without the traditional bar assisting the workout, the muscles supporting the body's stability and strength become the focus.

### **What equipment do you use?**

Small hand weights & a mat.

### **What should people wear to a class?**

Comfortable clothing that you can move in – tights or capris allow easy range of movement. You will also need socks as you will be removing your shoes.

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**barre**

### **Who is the program creator and how was the program put together?**

The program creator is Diana Mills.

We wanted to ensure the class was fundamentally respectful of ballet, delivered the truest athletic results that balletic training gives even while customized to fit within that group fit feel and modern music.

### **Has this program been trialed anywhere?**

Yes! We do a series of internal tests and trials and have also trialed this at a number of clubs worldwide in the US, New Zealand, UK, Sweden and Japan. All the member, club and instructor feedback has been really positive.

### **What qualities are useful for a LES MILLS BARRE instructor?**

LES MILLS BARRE teachers are elegant and graceful. They hold excellent posture, body awareness and are naturally warm, positive people. To complement their elegance, LES MILLS BARRE teachers are modern and inspire others through their physicality, flexibility and control.

Whilst it may be beneficial if instructors have a dance, ballet or gymnast background it is NOT essential and the LES MILLS BARRE training is designed to welcome everyone ready for a new challenge!

### **How to become a LES MILLS BARRE instructor?**

Simply go to <https://www.lesmills.com/instructors/events/> to find a training near you.

### **What should I expect at LES MILLS BARRE initial module training?**

LES MILLS BARRE follows the same successful format that works for our other programs with an element of pre-learning, 2 days live module training and certification afterwards.

### **When does LES MILLS BARRE launch?**

LES MILLS BARRE, release 01 will be available in some markets as early as March/ April 2018!

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