The incredible popularity and success of the Les Mills™ programmes is thanks, in part, to the constant development and improvement of each programme. These advances in programme structure, exercise use and specific technique are essential for any Instructor to teach the programmes correctly. Instructors are, therefore, required to participate in two Touchpoints per calendar year (Jan-Dec) per programme in which they are certified. AIM 2 Instructors are only required to complete one Touchpoint per calendar year per programme in which they are certified Advanced or Elite. These Touchpoints can be achieved through a wide range of activities:

**GFX**

Aimed at Les Mills Instructors & all other Instructors & enthusiasts. The purpose of GFX is to:

- Experience the buzz and amazing atmosphere with hundreds of like-minded Instructors and enthusiasts
- Provide you with the opportunity to observe and learn from Master Trainers, International Presenters and Programme Directors
- Try new programmes or programmes you are not certified in
- Attend a Master Class that inspires and motivates
- Experience and practice new releases
- Achieve one Touchpoint
- Provide a face to face opportunity to ask questions/get advice from Les Mills Master Trainers
- Gain REPs CPD points

**REGIONAL QUARTERLY WORKSHOPS**

90 MINUTES PRESENTING THE NEW RELEASE

(1 hour masterclass plus 30 minutes education session)

£21 first programme, £15 subsequent programmes booked each quarter

Aimed at Les Mills Instructors, the purpose is to provide:

- A Master Class that inspires and motivates
- The opportunity to observe and learn from Master Trainers
- The opportunity to experience and practice the new release
- Information on new moves
- The latest education and research behind your specific programmes
- One Touchpoint
- A face to face opportunity to ask questions/get advice from Les Mills Master Trainers
- REPs CPD points
AIM 1
1 FULL DAY OF PROGRAMME SPECIFIC TRAINING FOCUSING ON LAYER 3 AND THE PROGRAMME ESSENCE

£95 (AIM 1 & 2 purchased at the same time = £270)
Aimed at Les Mills Instructors, AIM1 is to:
- Understand the essence of the specific programme
- Improve programme specific technique
- Improve coaching skills
- Explore the Fitness Magic key element
- Achieve one Touchpoint
- Gain REPs CPD points

AIM 2
2 FULL DAYS OF INTENSE TRAINING TO MOVE YOU TO THE NEXT LEVEL OF TEACHING, FOCUSING ON CONNECTION AND FITNESS MAGIC

£199 (AIM 1 & 2 purchased at the same time = £270)
Aimed at Les Mills Instructors that have completed AIM 1 in any programme, the purpose is to:
- Advance your skills related to the 5 key elements
- Learn how to teach in a way that appears ‘second nature’, is in the ‘essence’ of the programme
- Demonstrate power, precision, time and space to inspire, motivate and clearly cater for, and appeal to, the different personalities and abilities of participants
- Ensure your classes stay packed and each participant gets the results they want
- Get the right balance of energy, emotion, highs and lows, allowing your personality to shine and be naturally authentic
- Achieve one Touchpoint
- Gain REPs CPD points
- You will be assessed and could achieve Advanced or Elite status

As a reminder, the requirement is TWO Touchpoints per calendar year (Jan-Dec) per programme that you are certified in. AIM 2 Instructors are only required to complete one Touchpoint per calendar year per programme in which they are certified Advanced or Elite.