

LES MILLS TONE FAQ's

We have started on a journey of evolution with BODYVIVE™ 3.1, and will continue this over the next 12 months. With the departure of Program Director Susan Trainor, we had an opportunity to do an overall review of BODYVIVE 3.1 and make some decisions about its future.

Ultimately, the program needed development to remain relevant, and we knew we could do this without polarizing our existing, passionate fans.

What we have always loved about BODYVIVE 3.1 is its inclusiveness and ability to cater to many levels of participants' fitness. With this at its core, we have evolved the program and modernised it to ensure its future success.

Please find a list of FAQs below that will help summarize this evolution

Is the format of BODYVIVE 3.1 changing?

No, the program's format is not changing. In keeping with all of our programs, BODYVIVE 3.1 will continue to evolve and be refreshed with each new release but at the same time it will always have bonus / option tracks to keep it as close to the current format as possible.

The latest release – number 44 – still incorporates 25 minutes of low impact cardio, with options to moderate impact.

Cardio is followed by band work for strength, core, back and abs, and there is a stretch to finish.

There are extra optional tracks to either make your class less intense, to replace the dance-inspired cardio or the free movement tracks, as well as tracks to make up the 55-minute format.

There are a lot of intensity options, so depending on who is in your class you can help them achieve what they need.

Who is the BODYVIVE 3.1 Program Director now?

Although we do not yet have a new BODYVIVE 3.1 Program Director, Jackie Mills and Kylie Gates are acting Creative Directors for the foreseeable future. An announcement will be made to our teams when a permanent new PD has been confirmed.

Who is currently creating BODYVIVE 3.1?

Release number 44 was choreographed by Diana Archer Mills. She will continue to choreograph the program until a new PD is decided.



Is the name of the program changing?

Yes, the name of the program is changing to LES MILLS TONE™. The name was formally announced as part of filming in Amsterdam in October, and will appear on release kits and in marketing materials for the first time in January 2018.

We believe this name change is a great opportunity to attract new members, instructors and clubs alike. "Tone" speaks to the results the program delivers, and we believe it is the number one result that participants in this kind of full body training are after. We had discussed using both names (BODYVIVE 3.1 and LES MILLS TONE), but after careful consideration we have decided that this would be unnecessarily complex.

I understand there is a dance-type track in the latest release. Is this correct?

Yes, there is a track that is cardio-inspired by balletic movement. However, as demonstrated by Khiran in this release, the movements can be done athletically, and participants do not need to be dancers to perform them well. The movements include wide leg squats with optional calf raises and little jumps (with the option of keeping feet on the floor). It is intense, slow cardio training that maximizes any participant's workout and targets accessory muscles which tend to get missed.

So overall, how would you describe the latest release?

- Music - modern, slower BPMs to retain the authentic sound of the music
- Movements - derived from yoga, strength training, core training and functional postpregnancy work
- Simplicity – it is simpler so everyone will maximize their workout potential because the stress of complex learning is removed. There are a range of low, moderate and high impact options throughout the class, so everyone can get the most out of it
- In essence, the feel is a modern training class, with moderate intensity and low-moderate impact. This class is all about joy and celebration of rhythmic movement to music, and experiencing it with friends.

How will Les Mills will promote the new format class to consumers?

Clubs who already licence BODYVIVE 3.1, will receive updated quarterly materials to promote LES MILLS TONE in the 1 March 2018 asset delivery. This will include our regular materials and social media assets. New club customers will receive a launch kit along with the regular quarterly materials to promote their new class to members

