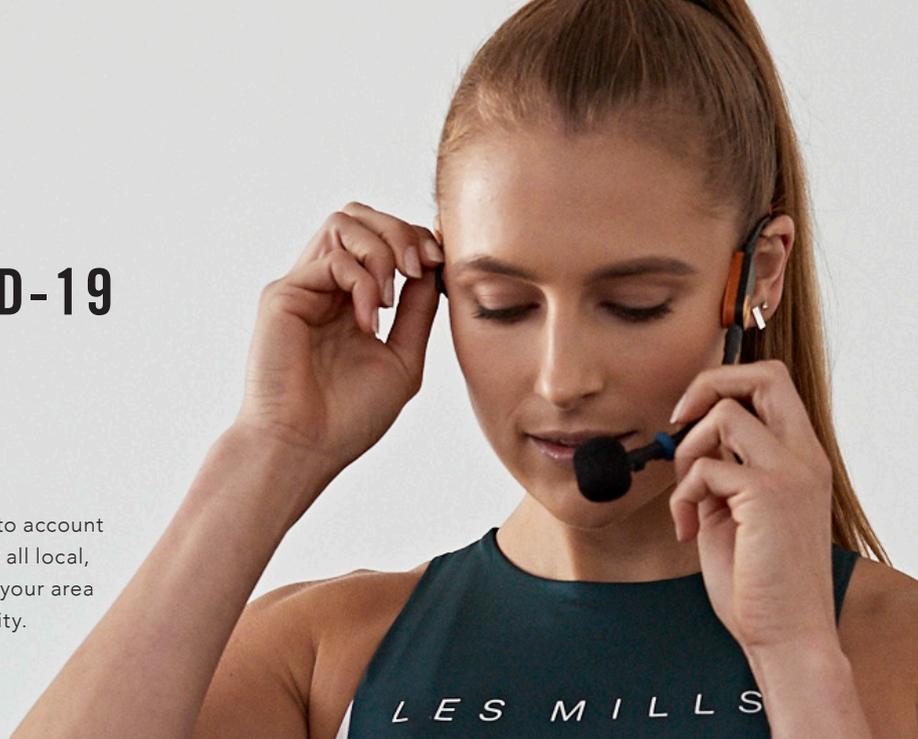


# TEACHING LES MILLS CLASSES DURING COVID-19 PHYSICAL DISTANCING RESTRICTIONS

These guidelines are general in nature and do not take into account your personal situation. You are responsible for following all local, state and national COVID-19 safety recommendations for your area as well as those of health authorities and your fitness facility.



We've asked our Program Directors for their advice on how to make adjustments to your live classes to continue to teach safely, and give your members the best experience.

If your facility does not have markers on the Group Fit floor to keep everyone the correct distance apart then we recommend using tape (or similar) to mark out your group fitness floor space into grids of 2x2m squares and spacing bikes to meet physical distancing guidelines. This gives members a clear space to make their own. We also encourage the following for group fitness classes:

## CLASSES WITH LATERAL OR FORWARD/BACK MOVEMENTS

(BODYCOMBAT, BODYATTACK, LES MILLS TONE, LES MILLS GRIT CARDIO, BODYJAM, SH'BAM, LES MILLS BARRE)

- Instructors should avoid selecting tracks/choreography with large amounts of these types of movement.
- Where it is unavoidable, instructors should coach to awareness of others and to staying within their allocated space. E.g. If a coaching point is about lateral distance, this should be adjusted to height of knees, or height of jump instead.

## CLASSES THAT INCLUDE RUNNING, FLOOR COACHING, SPLIT ROOM TRACKS

(BODYATTACK, LES MILLS TONE, BODYCOMBAT, LES MILLS GRIT, LES MILLS SPRINT)

- These classes or tracks should be taught from the stage or the front of the room, with members facing forward.
- Small room options should be taught in BODYATTACK™.
- Running tracks should be on the spot or avoided if possible (LES MILLS TONE™, LES MILLS GRIT™).
- No floor coaching should be happening in LES MILLS SPRINT™ or LES MILLS GRIT.

## CLASSES THAT INCLUDE EQUIPMENT, WEIGHT PLATES AND STEPS

(BODYSTEP, BODYPUMP, CXWORX, LES MILLS TONE, LES MILLS BARRE, LES MILLS GRIT)

- Equipment sharing should not be permitted.
- Equipment should be sanitized before and after class.
- Keep to the space allocated on the floor.