



LES MILLS BODY TRAINING SYSTEMS
INITIAL INSTRUCTOR TRAINING

February 22-23, 2020

9 a.m. – 7 p.m.

Tower Barracks Fitness Center, B170

Registration Fee: \$225.00



WHAT IT TAKES TO JOIN THE LES MILLS TRIBE

Once you're signed up for initial training we will send you all you need to prepare. The training will challenge and inspire you. You'll walk away with the tools and techniques you need to create life-changing fitness experience in every class. At the end of the two day initial training module you'll be assessed and potentially granted trainee status – which means you're well on your way to teaching anywhere in the world. You will have up to 2 months to submit a video of you teaching the Body Pump class for review and the possibility to receive your certification status from Les Mills.

WHAT IS BODYPUMP? BODYPUMP is a barbell workout for anyone looking to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music - helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more. BODYPUMP is available as either a 55, 45 or 30-minute workout.

Spaces are limited to 15 participants, so sign up now!

Registration Deadline: January 3, 2020.

For more information and or to register please contact; USAG Bavaria Sports Office, at DSN: 475-8207, or COM: 09641-83-8207, or email usarmy.bavaria.id-europe.list.fitness-programs@mail.mil



INITIAL INSTRUCTOR TRAINING

February 23 - 23, 2020

TOWER BARRACKS FITNESS CENTER, B170

_____/_____/_____
Name (Last) (First) (MI)

German Address: Street: _____ Town: _____ ZIP Code: _____

Garrison CMR Box APO

Cell Phone Email address

Registration Fee: \$225.00

Method of Payment

**To pay cash or check, you must personally stop by the Tower Barracks Fitness Center, Bldg.
170**

Cardholder's name: _____ Credit card number: _____

Expiration date: _____ CCV/CVC: (3-Digit-Code) _____

Participants will receive an email with a web link to create an account on the Les Mills German instructor portal in order to receive your quarterly digital kit which includes music, education material, etc. at a fee of 29.90 Euro per quarter. Participants must remain on the Les Mills German portal until all training is completed and your certification has been approved. Once completed you will be able to switch to the USA Les mills website portal.

Cancellation after January 3, 2020, is non-refundable!

I the undersigned hereby waive and release any and all rights for claims, and damages against, the US Army Garrison Bavaria, Family and MWR and any other agency associated with the conduct of this event which includes preparation and execution. This waiver includes releasing the above-mentioned agencies, organizations and activities for any injury I might suffer while participating in this event. I hereby authorize emergency medical treatment if needed. I grant permission to USAG Bavaria Family and MWR, its affiliates, sponsors, and assigns to use my photograph, motion pictures, recordings or other record of my participation in this event, for any purpose, including but not limited to, promoting, advertising, and marketing purposes, and become the sole property of the USAG Bavaria Family and MWR. I grant the right, permission, and authority to USAG Family and F&MWR to use my name in any such promoting, advertising, and marketing purposes, and I understand I will not receive any compensation of any kind in allowing this right

SIGNATURE: _____

DATE: _____