

LES MILLS ULTIMATE SUPER WORKSHOP

20 – 21 April 2013

Super Saturday & Super Sunday is the LES MILLS Ultimate Super Workshop (USW) weekend.

Over two days you will be immersed in all things LES MILLS:

- Program Directors from NZ
- Second annual Dance-a-Palooza raising money for Fit for Good
- LES MILLS clothing store
- You! (and 1,500+ instructors from around the country)

FILEX Delegates

Your LES MILLS Weekend just got bigger, by registering for FILEX you can also be part of four bonus LES MILLS sessions that includes a future release preview (public release date September/October 2013), blast from the past retro mix (including legends Alani Mala and Gayle Brimble), GRIT™ STRENGTH training and education session and Michelle Dean's '9 non-negotiables of Group Fitness Management'.

So Long Sydney (For Now)

Tear it up in 2013 because in 2014 the USW and FILEX will be in Melbourne for 4-years as the Sydney Convention & Exhibition Centre gets a facelift. Let's break some records and make our mark before we say so long (for now)!

YES I WANT TO BE PART OF USW!

Registrations will open in March 2013 – LES MILLS Instructors keep an eye on your mobile and emails for official open dates (USW is open to LES MILLS Instructors only)

YES I WANT TO BE PART OF FILEX

To register go to www.filex.com.au For LES MILLS Instructors registering for both FILEX and USW, there will be a special Instructor rate available between 1 January – 10 April.

www.lesmills.com.au

