

LET'S GET PERSONAL

P



T

LES MILLS

LET'S GET PERSONAL

P — T

LES MILLS PERSONAL TRAINING

The Power of Les Mills 7

Premium Support for Personal Trainers 13

How to Join Our Team 21

It's Time to Talk Business 27

Get in Touch 31

LET'S





GET
PERSONAL



Les Mills was founded in New Zealand over 50 years ago on the values of athleticism, strength and movement. Today those values live on, not only here but globally as over 5 million people each week do our Group Fitness programmes. Les Mills has grown from one Olympian's dream into a respected, international brand. This is your chance to join our team, to make your mark as your own boss, and deliver bespoke workouts to over 50,000 members as a Les Mills Personal Trainer.

AUCKLAND

LES MILLS TAKAPUNA
LES MILLS AUCKLAND CITY
LES MILLS BRITOMART
LES MILLS NEWMARKET
LES MILLS NEW LYNN
LES MILLS HOWICK

HAMILTON

LES MILLS HAMILTON

WELLINGTON

LES MILLS HUTT CITY
LES MILLS TARANAKI STREET
LES MILLS LAMBTON QUAY

CHRISTCHURCH

LES MILLS CHRISTCHURCH

DUNEDIN

LES MILLS DUNEDIN

LET'S GET PERSONAL

300 TRAINERS 10,000 SESSIONS¹ 55,000 MEMBERS² 12 CLUBS

¹Our large membership makes it easier for you to grow your business.

²Our members book over 12,000 PT sessions each week.



LES MILLS PERSONAL TRAINING

THE POWER OF LES MILLS





**PREMIUM SUPPORT
FOR PERSONAL TRAINERS**

Being a Les Mills Personal Trainer isn't just a job, it's a career. We are dedicated to offering a premium service to our members so we support our Trainers to be the best they can be. As a Les Mills Personal Trainer you will be mentored by a Personal Training Manager. They can introduce you to our clubs, answer technical questions, and offer guidance on building your business.

WE'VE¹ GOT² YOUR BACK³

¹In-club promotion for every personal trainer at the dedicated pt hub

²Personal trainer induction kit that includes uniform, business cards and assessment forms

³Your personal training manager is there to help set you up for success

IN-CLUB PROMOTION

Every Les Mills club has a dedicated hub for Personal Training where members can be inspired by the benefits of bespoke training and find a Personal Trainer who meets their needs.

ONLINE PROMOTION

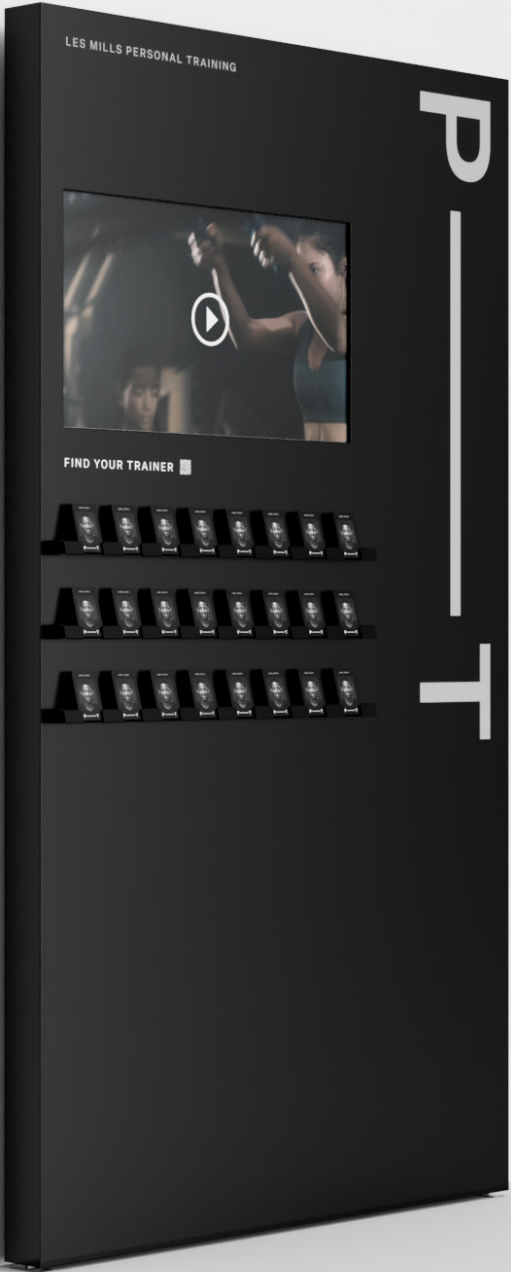
Each of our Personal Trainers are profiled on the Les Mills website. Members can search for the right Personal Trainer by club, areas of expertise or by experience, and contact you directly from there.

BUSINESS CARDS

Your Les Mills Personal Trainer business cards will also be displayed in your club to help you generate new leads.

UNIFORM

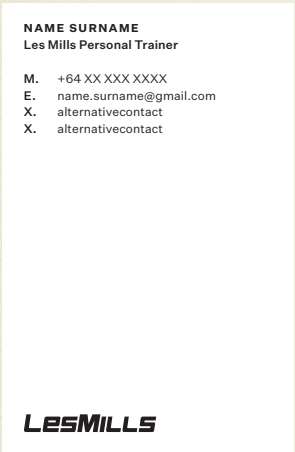
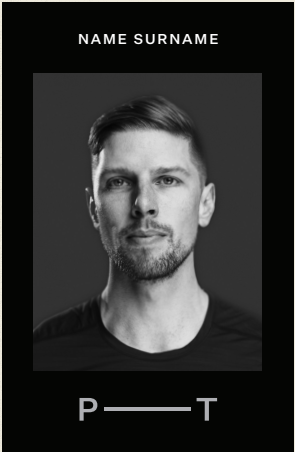
Les Mills has a relationship with Adidas, one of the world's biggest athletic apparel brands. Our Personal Trainers wear a uniform of custom Adidas gear, designed to help members identify them on the gym floor.



LET'S GET PERSONAL

P
—
T

LES MILLS PERSONAL TRAINING



CLOCKWISE FROM LEFT

Les Mills PT Uniform, Les Mills PT Business Cards, Personal Trainer Profiles on the Les Mills website,



Anyone can become a Personal Trainer, but not everyone can become a Les Mills Personal Trainer. Our recruitment process is simple but thorough, because we have high standards.

INTERVIEW

So we can get to know you



TRIAL WORKOUT

Show us what you got



EXCERCISE COMPETENCY TEST

1. INTERVIEW

We want to know about your background and why you want to be a Les Mills Personal Trainer. As part of the interview process you will also need to take the Personal Training Manager or a client through a workout.

2. TRIAL WORKOUT

The Personal Training manager will arrange someone for you to train. This is helpful for us to see how you operate as a Personal Trainer and what your style is.

3. EXERCISE COMPETENCY TEST

There is also an exercise competency test. It might sound daunting, but we want to see your exercise technique and assess your current knowledge and what we may need to fill in for you.

LET'S GET PERSONAL

SMALL STEPS¹ BIG GAINS

¹Les Mills personal trainers set their own pricing and can train groups of up to 3 people

Commit to the challenge then **reap the rewards**



LES MILLS PERSONAL TRAINING

HOW TO JOIN OUR TEAM





We want to get you started as easily as possible by giving you everything you need to run a successful business. Like any sole operator, you'll incur start-up costs; here's how we help to minimise

LICENSE FEE \$299

Small investment from you to get a big commitment from us



FIRST 4 WEEKS RENT FREE

While you grow your client base



DIFFERENT RENT MODELS ARE AVAILABLE TO SUIT

Before long you'll be running a PT business

ESTABLISHING YOUR BUSINESS

Les Mills Personal Trainers are sole contractors, which means you pay a weekly rent to run your business, charge your clients directly and pay your own tax. In saying that, you are not on your own. With the support of our legacy brand, you have more opportunities and less risk than going it alone.

PREMIUM BENEFITS PACKAGE

As a Les Mills Personal Trainer you receive the following benefits:

- ✓ A gym membership
- ✓ 4 weeks rent holiday every year
- ✓ Your first set of custom Les Mills PT uniform
- ✓ Ongoing marketing collateral
- ✓ Your first set of Business Cards
- ✓ Website profile
- ✓ Personal Training Manager support
- ✓ Ongoing education to upskill
- ✓ Our world-renowned Personal Trainer training module
(including flights and accommodation if from outside of Auckland)

FLEXIBILITY

Personal Trainers at Les Mills can train up to three people at once, which is a great way to maximise income and create fun engaging sessions.

LET'S GET PERSONAL



LES MILLS PERSONAL TRAINING

If you are ready to join New Zealand's largest premium fitness brand, and help to transform the lives of our members, we'd love to hear from you.

Apply online at lesmills.co.nz/careers

LES MILLS AUCKLAND CITY

186 Victoria Street
Auckland CBD
Auckland 1010
09 379 9550

LES MILLS TAKAPUNA

Cnr Lake Rd & Como St
Takapuna
Auckland 0622
09 488 9413

LES MILLS TARANAKI STREET

52-70 Taranaki Street
Te Aro
Wellington 6011
04 384 8898

LES MILLS BRITOMART

2 Britomart Place
Britomart
Auckland 1010
09 367 2280

LES MILLS HOWICK

100 Whitford Road
Somerville
Auckland 2014
09 538 0290

LES MILLS LAMBTON QUAY

86-90 Lambton Quay
Wellington Central
Wellington 6011
04 499 4777

LES MILLS NEWMARKET

269 Khyber Pass Road
Newmarket
Auckland 1023
09 367 2300

LES MILLS HAMILTON

747 Victoria Street
Hamilton Central
Hamilton 3204
07 838 0769

LES MILLS CHRISTCHURCH

203 Cashel Street
Christchurch Central
Christchurch 8011
03 379 1140

LES MILLS NEW LYNN

2-4 Rankin Avenue
New Lynn
Auckland 0600
09 826 0404

LES MILLS HUTT CITY

7 Pretoria Street
Hutt Central
Lower Hutt 5010
04 586 0295

LES MILLS DUNEDIN

10/12 Dowling Street
Dunedin Central
Dunedin 9016
03 477 2295



GREATNESS WILL HAPPEN

WE ARE ALWAYS LOOKING FOR GREAT
PERSONAL TRAINERS TO JOIN OUR TEAM.

IS THIS YOU?



LIVE FO

FORWARD



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

LES MILLS PERSONAL TRAINING

NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a full page of blank, cream-colored paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

LES MILLS PERSONAL TRAINING

LES MILLS

P — T