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LES MILLS



PHILOMATH



Where Virtual Meets Personal – Fitness Reimagined for the Philomath–Corvallis Community!



What Is Les Mills?

Experience world-class fitness with science-backed workouts and motivating instructors

Popular formats

 **BODYPUMP+**

 **BODYBALANCE**

Les Mills Core

RPM Spin

Les Mills GRIT Strength



What Makes LesMills Philomath Unique

We blend popular Les Mills programs into specialized classes for our members that bridge the gap between On Demand fitness and real-life coaching

Brought to you by Cindy Appanaitis and Nate Haines, with more than 40 years of health and wellness coaching experience



Membership Benefits

- ✓ On Demand class library access via your member portal
- ✓ Live classes via Zoom when you can't attend in person
- ✓ Online booking to reserve your spot
- ✓ Onboarding consultation + quarterly progress check-ins
- ✓ Balanced classes for energy, strength, and mobility
- ✓ Small group sizes for personal attention
- ✓ Private class options & wellbeing coaching available



Give us a Try!

- » Visit LesMillsPhilomath.com and click "Sign up for one week free trial"
- » Or email: LesMillsPhilomath@gmail.com to choose your trial class

CHECK OUT OUR SCHEDULE ONLINE