



LES MILLS

 **peerfit**

Maximize your at-home performance

Use your Peerfit credits toward expert coaching with LES MILLS



Experience coaching from industry-leading professionals.

Maximize Performance

- See results through safe and effective workouts hand-picked by your LES MILLS coach.

Tailor-Made Training

- Goal-setting advice and tailored training plans help you set and achieve personal goals.

Built-In Motivation

- Professional support helps keep you accountable and naturally motivated to keep going.

Beyond Fitness

- Nutrition and recovery advice help fuel an all-encompassing healthy lifestyle.



Packages and Pricing

22 credits/month gets you...

- Goal setting advice and a hand-crafted training program.
- 2x 25-minute coaching calls per month
- Full access to the LES MILLS On Demand workout streaming platform.
- Access to the LES MILLS Coach app.

33 credits/month gets you...

- Goal setting advice and a hand-crafted training program.
- 3x 25-minute coaching calls per month.
- Full access to the LES MILLS On Demand workout streaming platform.
- Access to the LES MILLS Coach app.

Visit peerfit.com/lesmills to start your journey.

Questions? We have answers. Contact us at support@peerfit.com

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Connect With Us

