



your workout
your way

LES MILLS
tone

What is LES MILLS TONE?

Step into a LES MILLS TONE™ class and you'll tick off a complete strength, cardio and core workout in 45 minutes. TONE is an all-in-one functional fitness mix designed to break down barriers and give you the freedom to work out your way. With options for every fitness level, it's an inclusive workout that's guaranteed to make you feel welcome, successful and supported.

Benefits of TONE

TONE is a challenging mix of lunges, squats, functional training and resistance tube exercises that will help you:

- Burn calories
- Tone and strengthen muscles
- Take your fitness to the next level

Just getting started?

One class a week offers real benefits. Building up to 2-3 classes a week will lift your fitness and leave you feeling fantastic. Bring comfortable workout clothes, supportive shoes, a drink bottle and a sweat towel. A resistance tube and weight plates will be supplied in the class.

Find out more

Working out together works wonders. Read more about the positive benefits of group fitness at lesmills.com/smartstart