

Lords instructors lead the way in GRIT™ launch

Lords instructors were on show at last week's launch of Lords' newest group fitness program called GRIT Strength™.

Les Mills GRIT Strength™ is one of three GRIT programs being introduced at Lords this year, and offers challenging thirty-minute high intensity interval training sessions.

City of Subiaco's Manager Recreation Services Cheyne Cameron said the city was pleased to offer Lords members this new cutting-edge program, together with the best of Perth's instructors.

"The GRIT Strength program offers something new for members, and will complement the high-calibre group fitness instructors at Lords," Cheyne said.

"Our instructors are recognised as industry leaders, with five Lords trainers selected by Les Mills to present or deliver instructor training."

Mayor Heather Henderson said the City of Subiaco did a lot of work in the community to promote physical fitness, and that Lords – and the quality of its instructors – played a huge part.

"The city is pleased to provide the community with such a fantastic facility that offers everything from group fitness classes to team sports," Mayor Henderson said.

"Lords offers more than ninety group fitness classes a week for all fitness levels. Classes are great for meeting people and are taught by fantastic instructors with years of experience."

Lords instructors who have been selected to deliver Les Mills instructor training include Kylie Gates, Lee Smith, Iain Hennessy, Clare Thompson and Shar Twyman.

For more information about the group fitness classes held at Lords visit www.lords.com.au or call 9381 6666.

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Instructor information

- **Kylie Gates**
 - Les Mills International Creative Director for BODYBALANCE®, SH'BAM®, CXWORX®, BODYATTACK® and BODYVIVE®
 - Les Mills International Master Trainer for BODYBALANCE®, BODYPUMP® and CXWORX®
 - Les Mills Australia/Pacific Head Program Coach for BODYBALANCE®
 - Les Mills Australia/Pacific National Trainer for BODYPUMP®
- **Lee Smith**
 - Technical consultant to Les Mills for RPM™
 - Les Mills International Master Trainer for RPM™
- **Iain Hennessy**
 - Les Mills Australia/Pacific National Trainer for RPM™
- **Clare Thompson**
 - Les Mills Australia/Pacific National Trainer for BODYATTACK® and GRIT™
 - Presenter for BODYSTEP®
- **Shar Twyman**
 - Les Mills Australia/Pacific, WA Trainer for BODYVIVE®