

**Ages Groups: 2 - 3 years -**  
Adults accompanying are  
required to participate.

**4 - 5 years, 6 - 7 years, 8 -**  
**12 years, and 13 - 16 years**  
Adults accompanying are  
requested to leave the  
children to have fun. (If  
you do want to stay you  
will have to join in and  
have fun).



# **BORN** LESMILLS **TO MOVE**

## **What is Les Mills BORN TO MOVE™**

BORN TO MOVE™ is a series of movement-based classes that motivate young people to fall in love with physical activity. There are BORN TO MOVE™ classes for five different age groups. Each class uses action and movement to build fundamental physical skills, confidence and self-esteem.

## **Quotes from participants attending Born to Move**

"I loved the punching track and thought it was brilliant."

"I really enjoyed the session and the punching track was the best part."

"Very enjoyable punching track was a lot of fun and relieved stress."

"It was really good because there was a big selection of dances and everyone got to do something they liked."

"It was a lot of fun and everyone had a nice time. I had the time of my life, I would love to do it again."

"Enjoyed it because it was not just normal dancing. I liked the kicking and punching track."

"I really enjoyed the boxing and kicking because it was fun and different."

**Classes:** Every Wednesday and Friday  
**Time:** Wednesday - 4:30pm - 5:20pm  
Friday - 4:30pm - 5:20pm  
Friday - 5:45pm - 6:35pm  
**Venue:** Tesco Community Space, Beaumont Leys,  
1 Bradgate Mall, Beaumont Shopping  
Centre, Beaumont Leys, Leicester. LE4 1DE  
**Price:** £5.00 per child

**For more information and booking please contact Anita Patel**

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[https://www.lesmillsondemand.com/en\\_uk/videos/kids-free.html?c](https://www.lesmillsondemand.com/en_uk/videos/kids-free.html?c)