

Find out what it takes and race like the professional cyclists in the Tour de France with Les Mills RPM fitness class.

RPM is an indoor cycling workout that will increase your leg strength and muscular endurance without building the bulk. With an enthusiastic instructor and powerful music you will be able to take on the hills, flats, mountain peaks, time trials, and interval trial. Feel the burn as you tone and shape your legs, hips, and butt.

In this 50 minute structured workout you can burn up to 600 calories ([www.lesmills.com](http://www.lesmills.com)) and work off unwanted fat. When it is all over your released endorphins will leave with a natural high and feeling great. Whether this is your first cycling class or you have been doing it for year, everyone can work at there own pace and get a challenging yet exceptional workout.

You don't need to be racing in the Tour de France to train like the cyclists. Try a Les Mills RPM class today to get in shape and just like the professionals. For more information on Les Mills RPM fitness class and where to find one near you visit [www.fitpro.com](http://www.fitpro.com) today.

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#### Editor's notes

- For press information and images, please email [fiona.b@fitpro.com](mailto:fiona.b@fitpro.com)
- Les Mills programmes, including BODYCOMBAT, BODYPUMP and BODYATTACK, are available at leading health and fitness clubs nationwide, including Virgin Active, David Lloyd, Nuffield and Fitness First
- FitPro is the largest association of fitness professionals in the world and the UK agent for Les Mills International – [www.fitpro.com](http://www.fitpro.com)
- Shaun Egan (Head UK Les Mills presenter) is available for interview on any aspect of group exercise and fitness – enquiries to [fiona.b@fitpro.com](mailto:fiona.b@fitpro.com)