

## **LES MILLS ON DEMAND: FREQUENTLY ASKED QUESTIONS**

### **HOW MUCH IS THE SUBSCRIPTION TO LES MILLS ON DEMAND AFTER MY FREE TRIAL OFFER?**

By registering through [our affiliate link](#), the Y is able to offer the subscription for an exclusive member price of **\$9.99/month**, regularly priced at \$14.99/month. *The free trial is not available to existing subscribers or past trialists.*

### **ON WHAT DEVICES IS LES MILLS ON DEMAND AVAILABLE?**

LES MILLS ON DEMAND lets you workout on most popular devices. In addition to the website, LES MILLS ON DEMAND workouts are available through free apps on:

- Smartphone: iPhone, Android phone
- Tablet: iPad, Android tablet, and
- TV Streaming: Amazon Fire TV, Roku, Apple TV4, Android TV

### **HOW DO CUSTOMERS CANCEL?**

Customers can cancel at any time via the account section within LMOD or by contacting support.

### **WHAT EQUIPMENT OR PREPARATION DO I NEED FOR A LES MILLS ON DEMAND WORKOUT?**

Many of the LES MILLS ON DEMAND workouts don't require any equipment at all. All you need is space to move safely!

LES MILLS BODYPUMP and LES MILLS GRIT STRENGTH are weights-based workouts that use a barbell and/or weight plates (available by checking out Fit Kits from the YMCA!), LES MILLS CXWORX requires a resistance band and weight plates and LES MILLS RPM requires a stationary bike.