



Hello Deacs!

We know that staying fit and active is our best way to build a strong immune system and stay healthy. Not only that, regular physical activity is proven to combat stress and provide mental health benefits.

To help you stay active, WF Campus Recreation has teamed up with Les Mills to give you free online workouts. You can now enjoy free access to LES MILLS™ On Demand for a 30 day trial period. Simply click below to get started.

[LMOD click here](#)

When you sign up you'll be asked to enter payment details. You won't be charged for the 30-day trial. If you elect to continue beyond that, you'll automatically become a paying subscriber at the special discounted rate of \$9.99 (Retails at \$14.99). Please note this trial is valid for new subscribers only. *(*If already accessing the FREE trial, payment will begin)* You can use any personal email account to register. If you elect to set up with your WFU account, know that your WFU email will expire shortly after you are no longer have access to an active WFU account which will result in creating a new account should you seek continued use

LES MILLS On Demand offers 1000+ of your favorite workouts across 13 categories. You can work out with classic programs such as BODYPUMP™ and BODYCOMBAT™, do mindfulness exercises and even get the kids active with BORN TO MOVE™. The workouts range from 15 to 55 minutes and there are options for all fitness levels.

Wishing you good health,

From the team at WF Campus Recreation Fitness department

Terms and conditions apply: New members will be billed after their free trial but can cancel future payments at any time.