

**PORT MACQUARIE**  
**RECEPTION OPENING HOURS**  
Monday to Friday  
7am - 7pm  
Saturdays  
8am - 12pm

**SOVEREIGN HILLS**  
**RECEPTION OPENING HOURS**  
Monday to Friday  
8:30am-12pm & 3pm-6pm  
shreception@yourlifefitnesscentre.com.au  
S 32, 15 Chancellors Drive, Sovereign Hills

**CRECHE OPENING HOURS**  
**BOOKINGS ESSENTIAL!**  
Monday to Fridays  
8:30am - 11:30am  
& 4pm - 7pm (Exc. Friday Nights)  
Saturdays  
8am - 12pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM <b>YOURLIFE CIRC-HIT</b> Sara - St 1 - 45 mins	6:00 AM <b>LES MILLS RPM</b> Damien - St 2 - 45 mins	6:00 AM <b>YOURLIFE CIRC-HIT</b> Anna - St 1 - 45 mins	6:00 AM <b>LES MILLS RPM</b> Damien - St 2 - 45 mins	6:00 AM <b>LES MILLS BODYPUMP</b> Kel - St 1 - 60 mins	7:15 AM <b>LES MILLS Sprint</b> Daryl - St 2 - 30 mins	9:15 AM <b>LES MILLS BODYCOMBAT</b> Virtual - St 1 - 60 mins
9:15 AM <b>LES MILLS BODYPUMP</b> Annette - St 1 - 60 mins	6:00 AM <b>LES MILLS BODYPUMP</b> Kel - St 1 - 60 mins	6:00 AM <b>LES MILLS RPM</b> Virtual - St 2 - 45 mins	6:05 AM <b>YOURLIFE LIFE FIT</b> Jess.S - St 3 - 60 mins	6:00 AM <b>LES MILLS RPM</b> Virtual - St 2 - 45 mins	8:15 AM <b>LES MILLS RPM</b> Virtual - St 2 - 45 mins	10:30 AM <b>LES MILLS BODYBALANCE</b> Virtual - St 1 - 60 mins
9:30 AM <b>LES MILLS RPM</b> Virtual - St 2 - 45 mins	6:05 AM <b>YOURLIFE LIFE FIT</b> Jess. S - St 3 - 60 mins	9:15 AM <b>LES MILLS BODYPUMP</b> Kelsie - St 1 - 60 mins	7:15 AM <b>LES MILLS BODYPUMP</b> Virtual - St 1 - 60 mins	9:15 AM <b>LES MILLS RPM</b> Virtual - St 2 - 45 mins	8:15 AM <b>LES MILLS BODYSTEP</b> Daz/Annette - St 1 - 60m	4:00 PM <b>LES MILLS BODYPUMP</b> Virtual - St 1 - 60 mins
9:30 AM <b>YOURLIFE LIFE FIT</b> Jess. L - St 3 - 60 mins	7:15 AM <b>LES MILLS BODYBALANCE</b> Virtual - St 1 - 60 mins	9:30 AM <b>LES MILLS Sprint</b> Rach - St 2 - 30 mins	9:15 AM <b>YOURLIFE CIRC-HIT</b> Kel - St 1 - 45 mins	9:15 AM <b>LES MILLS BODYCOMBAT</b> Kel - St 1 - 60 mins	8:15 AM <b>YOURLIFE CIRC-HIT</b> Tim - St 3 - 45 mins	4:30 PM <b>LES MILLS RPM</b> Virtual - St 2 - 45 mins
10:30 AM <b>YOURLIFE YOGA</b> Mandy - St 1 - 70 mins	9:15 AM <b>YOURLIFE CIRC-HIT</b> Tim - St 1 - 45 mins	9:30 AM <b>YOURLIFE LIFE FIT</b> Tim - St 3 - 60 mins	9:30 AM <b>LES MILLS Sprint</b> Rach - St 2 - 30 mins	9:30 AM <b>YOURLIFE LIFE FIT</b> Tim - St 3 - 60 mins	9:20 AM <b>YOURLIFE CIRC-HIT</b> Tim - St 3 - 45 mins	6PM-5AM <b>LES MILLS ONDEMAND</b> Virtual Available St1 & 2
12:15 PM <b>LES MILLS RPM</b> Virtual - St 2 - 30 mins	9:30 AM <b>LES MILLS Sprint</b> Rach - St 2 - 30 mins	10:30 AM <b>LES MILLS BODYBALANCE</b> Kelsie - St 1 - 60 mins	10:30 AM <b>LES MILLS tone</b> Annette - St 1 - 45 mins	10:30 AM <b>YOURLIFE PILATES</b> Jessie - St 1 - 60 mins	9:20 AM <b>LES MILLS BODYPUMP</b> Annette - St 1 - 60 mins	
4:20 PM <b>LES MILLS BODYPUMP</b> Kelsie - St 1 - 60 mins	10:15 AM <b>LES MILLS CORE</b> Annette - St 1 - 30 mins	12:15 PM <b>LES MILLS RPM</b> Virtual - St 2 - 30 mins	12PM-4PM <b>LES MILLS ONDEMAND</b> Available Daily St1 & St2	12:15 PM <b>LES MILLS RPM</b> Virtual - St 2 - 30 mins	10:30 AM <b>YOURLIFE YOGA</b> Mandy - St 1 - 75 mins	
4:20 PM <b>LES MILLS RPM</b> Virtual - St 2 - 60 mins	12:15 PM <b>LES MILLS RPM</b> Virtual - St 2 - 30 mins	4:20 PM <b>LES MILLS RPM</b> Virtual - St 2 - 45 mins	4:20 PM <b>LES MILLS RPM</b> Virtual - St 2 - 45 mins	4:20 PM <b>LES MILLS BODYCOMBAT</b> Virtual - St 1 - 60 mins	3:00 PM <b>LES MILLS BODYBALANCE</b> Virtual - St 1 - 60 mins	
5:15 PM <b>YOURLIFE CIRC-HIT</b> Kel - St 3 - 45 mins	4:20 PM <b>YOURLIFE PILATES</b> Jessie - St 1 - 60 mins	4:20 PM <b>LES MILLS BODYCOMBAT</b> Kel - St 1 - 60 mins	4:20 PM <b>LES MILLS BODYPUMP</b> Annette - St 1 - 60 mins	5:30 PM <b>LES MILLS RPM</b> Virtual - St 2 - 45 mins	5:15 PM <b>LES MILLS BODYCOMBAT</b> Virtual - St 1 - 60 mins	
5:30 PM <b>LES MILLS RPM</b> Daryl - St 2 - 45 mins	5:30 PM <b>YOURLIFE LIFE FIT</b> Tim - St 3 - 60 mins	5:30 PM <b>LES MILLS Sprint</b> Daryl - St 2 - 30 mins	5:15 PM <b>YOURLIFE CIRC-HIT</b> Kel - St 3 - 45 mins	7PM-7AM <b>LES MILLS ONDEMAND</b> Virtual Available St1 & 2	7PM-9AM <b>LES MILLS ONDEMAND</b> Virtual Available St1 & 2	
5:30 PM <b>LES MILLS CORE</b> Annette - St 1 - 30 mins	5:30 PM <b>LES MILLS BODYPUMP</b> Kel - St 1 - 60 mins	5:30 PM <b>LES MILLS CORE</b> Kel - St 1 - 30 mins	5:30 PM <b>LES MILLS RPM</b> Virtual - St 2 - 45 mins			
6:10 PM <b>LES MILLS BODYBALANCE</b> Kelsie - St 1 - 60 mins	5:30 PM <b>LES MILLS RPM</b> Virtual - St 2 - 45 mins	5:30 PM <b>YOURLIFE LIFE FIT</b> Jess S - St 3 - 60 mins	5:30 PM <b>LES MILLS BODYSTEP</b> Daryl - St 1 - 60 mins			
6:15 PM <b>YOURLIFE CIRC-HIT</b> Kel - St 3 - 45 mins	6:35 PM <b>LES MILLS BODYCOMBAT</b> Virtual - St 1 - 60 mins	6:10 PM <b>YOURLIFE YOGA</b> Mark - St 1 - 70 mins	7PM-5AM <b>LES MILLS ONDEMAND</b> Virtual Available St1 & 2			
8PM-5AM <b>LES MILLS ONDEMAND</b> Virtual Available St1 & 2	8PM-5AM <b>LES MILLS ONDEMAND</b> Virtual Available St1 & 2	8PM-5AM <b>LES MILLS ONDEMAND</b> Virtual Available St1 & 2				

**CLASS & CRECHE BOOKINGS ESSENTIAL**  
Port Macquarie Centre Only



SCAN TO BOOK OR SEE RECEPTION

**ASK RECEPTION ABOUT OUR EXTRA PROGRAMS**

**SMART START PROGRAMS**  
Need more of a plan to reach your goals? Book a Smart Start Program including PT Sessions, Personalised Meal Plans, Training Programs, Fit3D scans & more!

**PERSONALISED MEAL PLAN**  
Training hard but not quite seeing results? Get a personalised comprehensive meal plan by our qualified Clinical Nutritionist.

**4 WEEK LIFTING TECHNIQUE COURSE**  
Book a 4 Week Lifting Technique Program with Tim. Perfect your technique on squats, dead lift, cleans & snatches. Includes squat progression program. See Reception or our Socials to enquire & book.

**SHAPE SHIFTER 8 WEEK CHALLENGE**  
Ask Reception about our next challenge! Involving goal setting, group sessions, exercise programs, meal plans, Fit3D body scans, weekly challenges & heaps more!

**LES MILLS VIRTUAL**  
PUT ON YOUR OWN  
PUMP, BALANCE, COMBAT OR CYCLE  
CLASS USING OUR IPAD KIOSK 24/7

Classes subject to change at management's discretion without notice.

Biodegradable wipes for members to use to wipe down machines 24/7



CLASS NAME	LENGTH	TYPE	INTENSITY	BURN	CLASS DESCRIPTION
<b>LES MILLS BODY PUMP</b>	60 Mins	Weights Based Resistance Training	Moderate to High	540 Adv. Cals	For anyone looking to get lean & toned. Using light to moderate weights with lots of repetition, it gives you a total body workout. Instructors will coach you through the scientifically proven moves!
<b>LES MILLS BODY BALANCE</b>	55 Mins	Inspired by yoga, Tai Chi & Pilates	Low	390 Adv. Cals	A yoga-based class that will improve your mind, your body & your life! You'll strengthen your whole body & leave feeling calm & centered.
<b>LES MILLS BODY COMBAT</b>	55 Mins	Martial Arts Inspired Cardio	High	740 Adv. Cals	Punch & kick your way to fitness! This high energy Martial-Arts inspired workout is totally non-contact. You'll release stress, have a blast and feel like a champ.
<b>LES MILLS CORE</b>	30 Mins	Core Strength Training	Moderate	210 Adv. Cals	Tighten your core & improve your functional strength. It's a low impact class focusing on all your core muscles including your hips & butt!
<b>LES MILLS BODY STEP</b>	55 Mins	Step Based Cardio	Moderate to High	620 Adv. Cals	Combines basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body & quicker stepping to give you the chance to showcase your rhythm and flair.
<b>LES MILLS tone</b>	45 Mins	Cardio, Core & Strength	Moderate	490 Adv. Cals	Optimal mix of strength, cardio & core training! A mix of high & Low impact functional training with exercise bands. Caters to all fitness levels.
<b>LES MILLS RPM</b>	45 Mins	Indoor cycling RPM	Moderate to High	675 Adv. Cals	Improve fitness, lower body endurance & lower body shape in this no impact cardio bike class!
<b>LES MILLS sprint</b>	30 Mins	HIIT Cycle Class	High (Low Impact)	Variable Adv. Cals	A high intensity, low impact cycle workout, scientifically proven to return rapid results. Short, intense & thrilling!
<b>YOURLIFE LIFE FIT</b>	55/60 Mins	High Intensity Interval Training	High	Variable Adv. Cals	Advanced, high intensity class with Olympic lifting instructed by Qualified Trainers. Located in our purpose built Functional Training Studio, giving you all the tools you need to complete your WOD.
<b>YOURLIFE CIRC-HIIT</b>	45 Mins	High Intensity Interval Training	High	Variable Adv. Cals	Short bursts of high intensity training followed by rest in a circuit style class without Olympic lifts or heavy weights. Options for all fitness levels but with max intensity for max results!
<b>YOURLIFE YOGA</b>	60/75 Mins	Traditional Hatha Style Yoga	Low to High	390 Adv. Cals	Gain flexibility, mental wellbeing & inner calm. Find your peace & strength like never before with our Master Trainers with years of experience in a calming atmosphere.
<b>YOURLIFE PILATES</b>	60 Mins	Core & Functional Training	Moderate	450 Adv. Cals	Low impact flexibility, strength & endurance movements. Pilates emphasises correct postural alignment, core strength & muscle balance.
<b>YOURLIFE KIDS FIT</b>	40 Mins	Kids Fitness for ages 5 to 12 years	Moderate	School Holiday Blocks	Improves functional agility, flexibility & fitness in a fun class aimed at teaching kids to move! *Extra cost



☎ 6581 0059  
 🌐 [www.yourlifefitnesscentre.com.au](http://www.yourlifefitnesscentre.com.au)  
 📧 [reception@yourlifefitnesscentre.com.au](mailto:reception@yourlifefitnesscentre.com.au)  
 📍 Shop 3 & 4, 180 Lake Rd, Port Macquarie

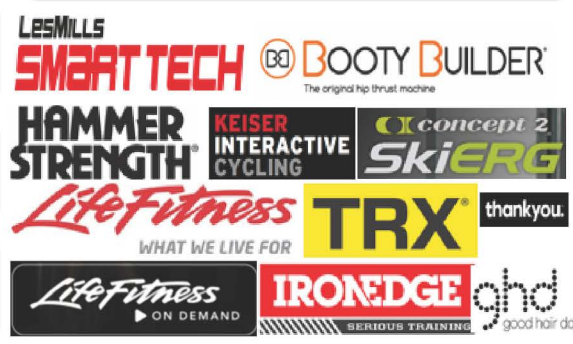


**TIPS - PLEASE READ**  
**Please arrive early** - If you are late & miss the warm up you may not be able to join in due to safety reasons. Please be 5mins early for classes that require set-up time.  
**What to bring** - A towel, water bottle, covered footwear & appropriate clothing. You can bring your own mat for classes like yoga/pilates but we do have mats in our studios for you to borrow.  
**Bring a friend** - We offer free trial passes. Having a training buddy can improve the regularity of your workouts, which equals more results! Sign up online or at reception.  
**Booking is essential** - Book through our website or via reception & if you can't make it, cancel your booking as soon as you know you won't make it.  
**Ask for help** - See the Trainer or Reception for help before or after the class, that's what we're here for! Our team are highly qualified with years of experience! Alternate exercise options can always be given for injuries or beginners in any class style.



The world's best group fitness classes are filmed with the programs Master International Trainers & provided to our customers by a projector screen or large TV in selected studios. The classes are not instructed by an in-person Trainer a 3 min safety/info video will play before every class. The classes feature a variety of trainers so you can get the most out of your workout & know what the options are if you need to make it easier or harder! Being an automated system, it gives us the ability to offer you classes at times where classes are not normally offered by our Trainers which means more workouts are available for you & more results! All our Virtual Class Rooms have 24hr CCTV cameras & after hour contact numbers.

Les Mills Virtual Classes Available:  
 LesMills Body Pump / LesMills Body Balance /  
 LesMills Body Combat / LesMills RPM



You can attend scheduled Les Mills Virtual classes on our timetable or use our touch screens to play your own LesMills Virtual class On Demand 24/7!



**FREE 3 VISIT PASS**

**PORT'S BEST AIR-CONDITIONED CENTRES. NO OBLIGATION FREE TRIAL.**



COMING SOON