

AM

CLASS TIMETABLE

Damien - St 2 - 45 mins

YOURLIFE HI

LesMILLs ()

Jess.S - St 3 - 60 mins

6581 0059

mww.yourlifefinesscentre.com.au reception@yourlifefitnesscentre.com.au

Shop 3 & 4, 180 Lake Rd, Port Macquarie Welcome Here

Updated 29/5/24



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

MONDAY

TUESDAY

LesMills

LesMills

Damien - St 2 - 45 mins

BODYPUMP

Kel - St 1 - 60 mins

YOURLIFE LIFE FIT

Jess. S - St 3 - 60 mins

Virtual - St 1 - 60 mins

YOURLIFE CIRC-HII

Tim - St 1 - 45 mins

Rach - St 2 - 30 mins

CORE

0

Annette - St 1 - 30 mins

Virtual - St 2 - 30 mins

YOURLIFE PILATES

Jessie - St 1 - 60 mins

YOURLIFE LIFE FIT

Tim - St 3 - 60 mins

BODYPUMP

Kel - St 1 - 60 mins

LesMills

Virtual - St 2 - 45 mins

LESMILLS ()

Virtual - St 1 - 60 mins

LesMills

AM

12:15

4:20

5:30

PM

5:30

LESMILLS ()

WEDNESDAY

THURSDAY

6:00

FRIDAY

SATURDAY

AM

AM

AM

10:30

AM

3:00

Daryl - St 2 - 30 mins

Virtual - St 2 - 45 mins

LesMills

BODYSTEP

Daz/Annette - St 1 - 60m

YOURLIFE CIFIC-HII

Tim - St 3 - 45 mins

YOURLIFE CIRC-HII

Tim - St 3 - 45 mins

BODYPUMP

Annette - St 1 - 60 mins

YOURLIFE YOUR

Mandy - St 1 - 75 mins

Virtual - St 1 - 60 mins

BODYCOMBAT

Virtual - St 1 - 60 mins

LESMILLS O

LESMILLS ()

LesMills

LesMills

SUNDAY

6:00	YOURLIFE CIRC-H			
AM	Sara- St 1 - 45 mins			
	<u> </u>			

9:30

LesMills BODYPUMP AM







Tim-St 3 - 60 mins AM

YOURLIFE YOUR 10:30

Mandy - St 1 - 70 mins

LesMills **(P)**

Virtual - St 2 - 30 mins

BODYPUMP PM Kelsie - St 1 - 60 mins

0

Virtual - St 2 - 60 mins

YOURLIFE CIRC-HI Kel - St 3 - 45 mins

LesMills 5:30

PM Daryl - St 2 - 45 mins

5:30 CORE Annette - St 1 - 30 mins

YOURLIFECIRC-HI

Kel - St 3 - 45 mins

LesMills 6:10 Kelsie - St 1 - 60 mins

YOURLIFE CIRC-HII

0

6:00

9:15

AM

9:30

9:30

10:30

4:20

4:20

PM

5:30

5:30

6:10

YOURLIFE CHICKLI Anna - St 1 - 45 mins

> LesMills 0 Virtual - St 2 - 45 mins

YOURLIfe IFF FI

Tim - St 3 - 60 mins

Kelsie - St 1 - 60 mins

LesMills

Virtual - St 2 - 30 mins

Virtual - St 2 - 45 mins

BODYCOMBAT

Kel - St 1 - 60 mins

Darvl - St 2 - 30 mins

CORE

Kel - St 1 - 30 mins

YOURLIFF IFF FIT

Jess S - St 3 - 60 mins

YOURLIFEYIIGA

Mark - St 1 - 70 mins

LesMills

LesMills

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0

LesMills BODYPUMP

Kelsie - St 1 - 60 mins Rach - St 2 - 30 mins

AM Virtual - St 1 - 60 mins YOURLIFE CIRC-HII Kel - St 1 - 45 mins

9:30 Rach - St 2 - 30 mins

10:30 tone Annette - St 1 - 45 mins

LesMills Available Daily St1 & St2

LesMills 4:20 Virtual - St 2 - 45 mins

LesMills BODYPUMP Annette - St 1 - 60 mins

5:15 YOURLIFE CHICALITY Kel - St 3 - 45 mins

LesMills 5:30 O Virtual - St 2 - 45 mins

BODYSTEP Daryl - St 1 - 60 mins

LesMills 5AM Virtual Available St1 & 2

AUSactive 🗐

6:00 BODYPUMP AM Kel - St 1 - 60 mins

6:00 Virtual - St 2 - 45 mins

LesMills 9:15 0 AM Virtual - St 2 - 45 mins 9:15

BODYCOMBAT

AM Kel - St 1 - 60 mins YOURLIFE IFF FIT

Tim - St 3 - 60 mins

10:30 **YOURLIFE PILATES** Jessie - St 1 - 60 mins

12:15 0 PM Virtual - St 2 - 30 mins

LESMILLS () **BODYCOMBAT** Virtual - St 1 - 60 mins

LesMills 0

Virtual - St 2 - 45 mins

LesMills Virtual Available St1 & 2

7PM LesMills 9AM Virtual Available St1 & 2

Lesmills PUT ON YOUR OWN

PUMP. BALANCE. COMBAT OR CYCLE CLASS USING OUR IPAD KIOSK 24/7

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

BODYCOMBAT Virtual - St 1 - 60 mins LESMILLS 🛈

10:30 Virtual - St 1 - 60 mins

LESMILLS () BODYPUMP PM Virtual - St 1 - 60 mins

LesMills

P 4:30 Virtual - St 2 - 45 mins

6PM Lesmills Virtual Available St1 & 2

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 ESSENTIALI Monday to Fridays

8:30am - 11:30am & 4pm - 7pm (Exc. Friday Nights)

Saturdays 8am - 12pm

CLASS & CRECHE BOOKINGS ESSENTIAL

Port Macquarie Centre Only



SCAN TO BOOK OR SEE RECEPTION

TIMETABLE SUBJECT TO CHANGE

ASK RECEPTION ABOUT OUR EXTRA PROGRAMS SCAN TO

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!















Kel - St 3 - 45 mins Virtual Available St1 & 2

PM

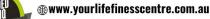
LesMills

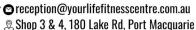
LesMills 5AM Virtual Available St1 & 2

BUSINESS MEMBER

CLASS NAME	LENGTH	TYPE	INTENSITY	BURN	CLASS DESCRIPTION
Lesmills BODYPUMP	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!
BODYBALANCE	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.
Lesmills BODYCOMBAT	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.
CORE	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!
BODYSTEP	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.
tone	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.
LesMILLS RPM	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!
Sprint	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!
YOURLIFE LIFE FIT	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.
YOURLIFE CIRC-HIT	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!
YOURLIFE	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.
YOURLIFE PILATES	60 Mins	Core & Functional Training	Moderate	450 Adv. Cals	Low impact flexibility, strength & endurance movements. Pilates emphasises correct postural alignment, core strength & muscle balance.
YOURLIFE KIUS FIT	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

t. 6581 0059







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.

LESMILLS" VIRTURL

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



LesMills

ONDEMAND



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!

