

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|---|--|---|
| 6:00 AM YOURLIFE CIRC-HIIT Holly - St 1 - 45 mins | 6:00 AM LES MILLS RPM Damien - St 2 - 45 mins | 6:00 AM YOURLIFE CIRC-HIIT Emily - St 1 - 45 mins | 6:00 AM LES MILLS RPM Damien - St 2 - 45 mins | 6:00 AM LES MILLS BODYPUMP Kel - St 1 - 60 mins | 6:00 AM PILATES REFORMER Jessie - St 1 - 50 mins | 9:15 AM LES MILLS BODYCOMBAT Virtual - St 1 - 60 mins |
| 9:15 AM LES MILLS BODYPUMP Kel - St 1 - 60 mins | 6:00 AM LES MILLS BODYPUMP Kel - St 1 - 60 mins | 6:00 AM LES MILLS RPM Virtual - St 2 - 50 mins | 6:00 AM PILATES REFORMER Jessie - St 1 - 50 mins | 6:00 AM LES MILLS RPM Virtual - St 2 - 50 mins | 7:15 AM YOURLIFE CIRC-HIIT Jessie - St 1 - 45 mins | 10:30 AM LES MILLS BODYBALANCE Virtual - St 1 - 60 mins |
| 9:30 AM LES MILLS RPM Virtual - St 2 - 50 mins | 6:05 AM YOURLIFE LIFE FIT Jess. S - St 3 - 60 mins | 7:00 AM LES MILLS BODYSTEP Annette - St 1 - 60 mins | 6:05 AM YOURLIFE LIFE FIT Jess.S - St 3 - 60 mins | 9:15 AM LES MILLS RPM Virtual - St 2 - 50 mins | 7:15 AM LES MILLS sprint Daryl - St 2 - 30 mins | 4:00 PM LES MILLS BODYPUMP Virtual - St 1 - 60 mins |
| 9:30 AM YOURLIFE LIFE FIT Katie - St 3 - 60 mins | 7:15 AM LES MILLS BODYBALANCE Virtual - St 1 - 60 mins | 9:15 AM LES MILLS BODYPUMP Annette - St 1 - 60 mins | 7:00 AM PILATES REFORMER Jessie - St 1 - 50 mins | 9:15 AM LES MILLS BODYCOMBAT Kel - St 1 - 60 mins | 8:10 AM YOURLIFE CIRC-HIIT Jessie - St 1 - 45 mins | 4:30 PM LES MILLS RPM Virtual - St 2 - 50 mins |
| 10:30 AM YOURLIFE YOGA Mandy - St 1 - 70 mins | 9:15 AM YOURLIFE CIRC-HIIT Arwyn - St 1 - 45 mins | 9:30 AM LES MILLS sprint Rach - St 2 - 30 mins | 9:15 AM YOURLIFE CIRC-HIIT Kel - St 1 - 45 mins | 9:30 AM YOURLIFE LIFE FIT Katie - St 3 - 60 mins | 8:15 AM LES MILLS RPM Virtual - St 2 - 50 mins | 6PM-5AM LES MILLS ONDEMAND Virtual Available St1 & 2 |
| 12:15 PM LES MILLS RPM Virtual - St 2 - 30 mins | 9:30 AM LES MILLS sprint Rach - St 2 - 30 mins | 9:30 AM YOURLIFE LIFE FIT Arwyn - St 3 - 60 mins | 9:30 AM LES MILLS sprint Rach - St 2 - 30 mins | 10:30 AM PILATES REFORMER Kim - St 1 - 50 mins | 9:15 AM LES MILLS BODYPUMP Annette - St 1 - 60 mins | |
| 4:20 PM LES MILLS RPM Virtual - St 2 - 50 mins | 10:15 AM LES MILLS CORE Annette - St 3 - 30 mins | 10:30 AM YOURLIFE YOGA Mel - St 1 - 70 mins | 10:30 AM PILATES REFORMER Jessie - St 1 - 50 mins | 12:15 PM LES MILLS RPM Virtual - St 2 - 30 mins | 10:30 AM YOURLIFE YOGA Mandy - St 1 - 75 mins | |
| 4:30 PM YOURLIFE CIRC-HIIT Kel - St 1 - 45 mins | 10:30 AM PILATES REFORMER Kim - St 1 - 50 mins | 12:15 PM LES MILLS RPM Virtual - St 2 - 30 mins | 4:15 PM LES MILLS BODYPUMP Annette - St 1 - 60 mins | 4:20 PM LES MILLS BODYCOMBAT Virtual - St 1 - 60 mins | 3:00 PM LES MILLS BODYBALANCE Virtual - St 1 - 60 mins | |
| 5:30 PM YOURLIFE CIRC-HIIT Kel - St 1 - 45 mins | 4:20 PM PILATES REFORMER Jessie - St 1 - 50 mins | 4:15 PM YOURLIFE CIRC-HIIT Kel - St 1 - 45 mins | 4:20 PM LES MILLS RPM Virtual - St 2 - 50 mins | 5:30 PM LES MILLS RPM Virtual - St 2 - 50 mins | 5:15 PM LES MILLS BODYCOMBAT Virtual - St 1 - 60 mins | |
| 5:30 PM LES MILLS RPM Daryl - St 2 - 45 mins | 5:20 PM PILATES REFORMER Jessie - St 1 - 50 mins | 4:20 PM LES MILLS RPM Virtual - St 2 - 50 mins | 5:30 PM YOURLIFE CIRC-HIIT Josh - St 1 - 45 mins | 5:30 PM LES MILLS BODYSTEP Daryl - St 1 - 60 mins | | |
| 5:30 PM LES MILLS CORE Annette - St 3 - 30 mins | 5:30 PM YOURLIFE LIFE FIT Katie - St 3 - 60 mins | 5:15 PM PILATES REFORMER Kim - St 1 - 50 mins | 5:30 PM LES MILLS CORE Annette - St 3 - 30 mins | | | |
| 7PM-5AM LES MILLS ONDEMAND Virtual Available St1 & 2 | 5:30 PM LES MILLS RPM Virtual - St 2 - 50 mins | 5:30 PM LES MILLS sprint Daryl - St 2 - 30 mins | 5:30 PM LES MILLS RPM Virtual - St 2 - 50 mins | | | |
| | 6:20 PM PILATES REFORMER Jessie - St 1 - 50 mins | 5:30 PM YOURLIFE LIFE FIT Jess S - St 3 - 60 mins | 7PM-5AM LES MILLS ONDEMAND Virtual Available St1 & 2 | | | |
| | 7:20 PM LES MILLS BODYCOMBAT Virtual - St 1 - 60 mins | 6:10 PM YOURLIFE YOGA Jules - St 1 - 70 mins | | | | |

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

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.



TRAINERIZE PLUS APP
Get access to training programs, meal ideas & tracking & so much more! It's your PT, Nutritionist & Motivator in an app! \$5/wk, cancel anytime.



REFORMER PILATES 24/7
Book a Reformer at either centre at no extra cost! First in best dressed outside of staffed hours. Connect your ear phones to the kiosks for on demand classes.

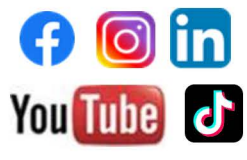


Free **Wi-Fi**
Available in Centre

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 |
|--|------------|-----------------------------------|-------------------|--------------------|---|
| LES MILLS BODY PUMP | 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! |
| LES MILLS BODY COMBAT | 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. |
| LES MILLS 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! |
| LES MILLS BODY STEP | 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. |
| LES MILLS 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! |
| LES MILLS 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 CIRC-HIIT | 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 PILATES REFORMER | 50 Mins | Core & Functional Training | Moderate | 450 Adv. Cals | A full body workout with a combination of reformer, mat & other pilates equipment focusing on posture, core stability & mobility. You will be sure to feel the burn! Bring grip socks & a towel. |
| YOURLIFE YOGA | 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 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. |

Book a Pilates Reformer 24/7 via our website!
 All included in standard membership. 
 Grip socks compulsory on reformers. Available to purchase at reception.

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

LES MILLS
ONDEMAND



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

SIGN UP FOR A TRIAL ONLINE!
 CAN ONLY BE USED DURING STAFFED HOURS.



YOURLIFE
24 Hour Fitness Centre

FREE 3 VISIT PASS

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

100% RESULTS GUARANTEED

FOUNDED IN PMQ
AUSTRALIAN OWNED

