

STUDIO 1 TIME TABLE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

6 AM	6 AM	6 AM	6 AM	6 AM	6 AM
PILATES REFORMER Jessie - 50 mins	LES MILLS BODYPUMP Kel - 60 mins	PILATES REFORMER Jessie - 50 mins	PILATES REFORMER Jessie - 50 mins	LES MILLS BODYPUMP Kel - 60 mins	PILATES REFORMER Inny - 50 mins
9:15 AM	9:15 AM	7 AM	7 AM	10:30 AM	7 AM
LES MILLS BODYPUMP Kel - 60 mins	PILATES REFORMER Kim - 50 mins	LES MILLS BODYSTEP Annette - 60 mins	PILATES REFORMER Jessie - 50 mins	PILATES REFORMER Kim - 50 mins	PILATES REFORMER Inny - 50 mins
10:30 AM	10:30 AM	9:15 AM	9:15 AM	5:30 PM	8:10 AM
YOURLIFE YOGA Mandy - 70 mins	PILATES REFORMER Kim - 50 mins	LES MILLS BODYPUMP Annette - 60 mins	PILATES REFORMER Yvonne - 50 mins	LES MILLS BODYSTEP Daryl - 60 mins	YOURLIFE YOGA Mandy - 60 mins
4:20 PM	4:20 PM	10:30 AM	10:30 AM		9:20 AM
PILATES REFORMER Yvonne - 50 mins	PILATES REFORMER Jessie - 50 mins	YOURLIFE YOGA Mel - 70 mins	PILATES REFORMER Yvonne - 50 mins		LES MILLS BODYPUMP Annette - 60 mins
5:20 PM	5:20 PM	4:20 PM	4:20 PM		10:30 AM
PILATES REFORMER Yvonne - 50 mins	PILATES REFORMER Jessie - 50 mins	PILATES REFORMER Kim - 50 mins	LES MILLS BODYPUMP Annette - 60 mins		YOURLIFE YOGA Mandy - 70 mins
6:20 PM	6:20 PM	5:15 PM	5:30 PM	LES MILLS ONDEMAND Virtual Available 24/7 LES MILLS BODYPUMP LES MILLS BODYCOMBAT LES MILLS RPM LES MILLS BODYBALANCE	
PILATES REFORMER Yvonne - 50 mins	PILATES REFORMER Jessie - 50 mins	PILATES REFORMER Kim - 50 mins	LES MILLS CORE Annette - 30 mins		
		6:10 PM			
		YOURLIFE YOGA Jules - 70 mins			

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!

SCAN TO BOOK



PERSONALISED MEAL PLAN

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

SCAN TO BOOK



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.

SCAN TO DOWNLOAD



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.

BOOK VIA OUR MEMBERS APP!

STUDIO 2 CYCLE

MON 5:30PM LES MILLS sprint Daryl - 30 mins
MON 9:30AM LES MILLS sprint Kim - 30 mins
TUES 6AM LES MILLS RPM Damo - 45 mins
WED 5:30PM LES MILLS sprint Daryl - 30 mins
THURS 6AM LES MILLS RPM Damo - 45 mins
THURS 9:30AM LES MILLS sprint Kim - 30 mins
SAT 7:15AM LES MILLS sprint Daryl - 30 mins



STUDIO 3 TIME TABLE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

5 AM	5 AM	5 AM	5 AM	5 AM	7:00 AM
YOURLIFE CIRCHIT Holly - 45 mins	YOURLIFE CIRCHIT Inny - 45 mins	YOURLIFE CIRCHIT STRONG Holly - 45 mins	YOURLIFE CIRCHIT STRONG Holly - 45 mins	YOURLIFE CIRCHIT Inny - 45 mins	YOURLIFE CIRCHIT STRONG Jessie - 45 mins
6 AM	9:15 AM	6 AM	9:15 AM	6 AM	8:15 AM
YOURLIFE CIRCHIT Holly - 45 mins	YOURLIFE CIRCHIT Inny - 45 mins	YOURLIFE CIRCHIT STRONG Holly - 45 mins	YOURLIFE CIRCHIT Kel - 45 mins	YOURLIFE CIRCHIT Inny - 45 mins	YOURLIFE CIRCHIT Jessie - 45 mins
6:50 AM	10:15 AM	6:50 AM	4:30 PM	9:15 AM	9:15 AM
YOURLIFE CIRCHIT Holly - 45 mins	LES MILLS CORE Annette - 30 mins	YOURLIFE CIRCHIT STRONG Holly - 45 mins	YOURLIFE CIRCHIT STRONG Inny - 45 mins	YOURLIFE CIRCHIT STRONG Inny - 45 mins	YOURLIFE CIRCHIT STRONG Jessie - 45 mins
4:20 PM	4:30 PM	4:20 PM	5:30 PM		
YOURLIFE CIRCHIT Kel - 45 mins	LES MILLS CORE Annette - 30 mins	YOURLIFE CIRCHIT Kel - 45 mins	YOURLIFE CIRCHIT STRONG Inny - 45 mins		
5:20 PM	5:30 PM	5:20 PM	CLASS & CRECHE BOOKINGS ESSENTIAL   DOWNLOAD THE APP TO BOOK OR CALL 6581 0059		
YOURLIFE CIRCHIT Kel - 45 mins	YOURLIFE CIRCHIT STRONG Inny - 45 mins	YOURLIFE CIRCHIT Kel - 45 mins			
6:20 PM					
YOURLIFE CIRCHIT STRONG Kel - 45 mins					

CLASS NAME

CLASS DESCRIPTION

**LES MILLS
BODYPUMP**

Weights based resistance training 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
CORE**

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
BODYSTEP**

A step based cardio class combining 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**

Improve fitness, lower body endurance & lower body shape in this 45min, no impact, indoor cardio cycle class!

**LES MILLS
sprint**

A high intensity, low impact cycle workout, scientifically proven to return rapid results. Short, intense & thrilling!

**YOURLIFE
CIRCHIIT**

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
CIRCHIIT
STRONG**

Zone 1: Short sprints on cardio of choice
Zone 2: Strength with dumbbells, kettle bells & slam balls
Zone 3: Heavy lift focusing on technique & progressive overload. Ideal class for building muscle mass & strength.

**PILATES
REFORMER**

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**

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.

Book a Pilates Reformer 24/7!

All included in standard membership.

BOOK VIA OUR MEMBERS APP!
SEARCH 'YOUR LIFE FITNESS CENTRE' IN THE APP STORE

Grip socks compulsory on reformers.
Available to purchase at reception.

**YOUR
REFORMER**

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

CRECHE OPENING HOURS

Monday to Fridays 8:30am - 11:30am
SATURDAYS 8am - 12pm
& 4pm - 7pm (Exc. Friday Nights)

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 but we do have mats in our studios for you to borrow. Grip socks are compulsory for Pilates & are available to purchase at reception.

Bring a friend - We offer free trial passes. Having a training buddy can improve the regularity of your workouts.

Booking is essential - Book through our website or via reception & if you can't make it please cancel your booking.

Ask for help - See the class trainer or our reception for help before or after the class, that's what we're here for!

Alternate exercise options can always be given for injuries or beginners in any class style.

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

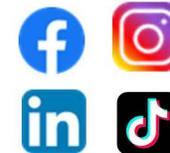
Get access to training programs, meal ideas & tracking & so much more! It's your PT, Nutritionist & Motivator in an app! \$5/wk, cancel anytime.



**LES MILLS
VIRTUAL**

LesMills virtual classes are available on large TVs in our studios, offering a variety of options to suit your fitness level. Classes are pre-recorded by Master International Trainers, and a 3-minute safety video plays before each session. With virtual classes available On Demand 24/7, you can work out whenever it's convenient. CCTV cameras are in place for safety, and after-hours contact numbers are available.

Available for BodyPump, BodyBalance, BodyCombat & RPM.



**Members
Welcome Here!**

LES MILLS **SMART TECH** **BOOBY BUILDER**
The original hip thrust machine

HAMMER STRENGTH **KEISER INTERACTIVE CYCLING** **concept 2 SKIERG**

LifeFitness **TRX** thankyou.
WHAT WE LIVE FOR

LifeFitness **IRONEDGE** **ghd**
ON DEMAND SERIOUS TRAINING good hair day

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.