



FREE TRIALS Available online or at Reception!

www.yourlifefitnesscentre.com.au



Monday

From 4/1/20

5am	6am	TBC	9:15am	9:15am	9:30am	10:20am	12:15pm	4:20pm	4:20pm	5:25pm	5:30pm	5:30pm	5:55pm	6:30pm
LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS BODYBALANCE Virtual - Studio 1 Yoga/Pilates Class 60 Mins	Your Life CIRC-HIIT COMING SOON H.I.I.T Circuit 45 Mins	LES MILLS BODYPUMP Annette - Studio 1 Weights Class 60 Mins	LES MILLS sprint Lexi - Studio 2 H.I.I.T Cycle Class 30 Mins	Your Life LIFE FIT Jess - Studio 360 H.I.I.T WOD Class 60 Mins	Your Life YOGA Mandy - Studio 1 Hatha Yoga Class 70 Mins	LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS BODYPUMP Tania - Studio 1 Weights Class 60 Mins	LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS CXWORX Annette - St 360 Core Class 30 Mins	LES MILLS BODYCOMBAT INVINCIBLE Kelly - Studio 1 Cardio Class 60 Mins	LES MILLS RPM Daryl - Studio 2 Cycle Class 45 Mins	Your Life LIFE FIT Jess - Studio 360 H.I.I.T WOD Class 60 Mins	LES MILLS BODYBALANCE Kelsie - Studio 1 Yoga/Pilates Class 60 Mins

Tuesday

5am	6am	6am	6:05am	7:15am	9:15am	9:30am	10:20am	School Terms Only 3:50pm	4:30pm	5:15pm	5:30pm	5:30pm	6:10pm	6:40pm
LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS sprint Sally - Studio 2 H.I.I.T Cycle Class 30 Mins	LES MILLS BODYPUMP Kelly - Studio 1 Weights Class 60 Mins	Your Life LIFE FIT Jess - Studio 360 H.I.I.T WOD Class 60 Mins	LES MILLS BODYBALANCE Virtual - Studio 1 Yoga/Pilates Class 60 Mins	LES MILLS BODYSTEP Annette - Studio 1 Cardio Class 60 Mins	LES MILLS sprint Lexi - Studio 2 H.I.I.T Cycle Class 30 Mins	LES MILLS CXWORX Annette - Studio 1 Core Class 30 Mins	Your Life KIDS FIT Kelly - Studio 1 Kids Fitness Class 45 Mins	tone Annette - Studio 1 Core/Cardio Class 45 Mins	Your Life LIFE FIT Jess - Studio 360 H.I.I.T WOD Class 50 Mins	LES MILLS BODYPUMP Tania - Studio 1 Weights Class 60 Mins	LES MILLS RPM Sally - Studio 2 Cycle Class 45 Mins	Your Life BOXERCISE Kelly - Studio 360 Cardio Class 50 Mins	ZUMBA Cate - Studio 1 Dance Class 60 Mins

Wednesday

Put your own classes on at times that suit you in between our live classes 24/7 with Les Mills on demand using our unique touch screens!

5am	6am	6am	TBC	9:15am	9:15am	9:30am	10:25am	12:15pm	4:20pm	4:20pm	5:30pm	5:30pm	5:30pm	6:10pm
LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS sprint Lexi - Studio 2 H.I.I.T Cycle Class 30 Mins	LES MILLS BODYCOMBAT Virtual - Studio 1 Cardio Class 60 Mins	Your Life CIRC-HIIT COMING SOON H.I.I.T Circuit 45 Mins	LES MILLS BODYPUMP Kelsie - Studio 1 Weights Class 60 Mins	LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	Your Life LIFE FIT Jess - Studio 360 H.I.I.T WOD Class 60 Mins	LES MILLS BODYBALANCE Kelsie - Studio 1 Yoga/Pilates Class 60 Mins	LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS BODYCOMBAT INVINCIBLE Kelly - Studio 1 Cardio Class 60 Mins	LES MILLS sprint Sally - Studio 2 H.I.I.T Cycle Class 30 Mins	LES MILLS CXWORX Kelly - Studio 1 Core Class 30 Mins	Your Life LIFE FIT Jess - Studio 360 H.I.I.T WOD Class 60 Mins	Your Life YOGA Mark - Studio 1 Hatha Yoga Class 70 Mins

Thursday

▶ Classes with this Symbol indicate a **VIRTUAL** class! For more info on our leading classes please see the back of this page.

5am	6am	6am	6:05am	7:15am	9am	9:30am	10:20am	4:20pm	4:20pm	5:30pm	5:30pm	5:45pm
LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS RPM Sally - Studio 2 Cycle Class 45 Mins	LES MILLS BODYBALANCE Virtual - Studio 1 Yoga/Pilates Class 60 Mins	Your Life LIFE FIT Jess - Studio 360 H.I.I.T WOD Class 60 Mins	LES MILLS BODYPUMP Virtual - Studio 1 Weights Class 60 Mins	LES MILLS CXWORX Kelly - Studio 1 Core Class 30 Mins	LES MILLS sprint Krystal - Studio 2 H.I.I.T Cycle Class 30 Mins	tone Annette - Studio 1 Core/Cardio Class 45 Mins	LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS BODYPUMP Annette - Studio 1 Weights Class 60 Mins	LES MILLS BODYSTEP Daryl - Studio 1 Cardio Class 60 Mins	LES MILLS sprint Lexi - Studio 2 H.I.I.T Cycle Class 30 Mins	Your Life BOXERCISE Kelly - Studio 360 Cardio Class 50 Mins

Your Life FREE SUPPORT
Never been to a centre before?
Need Advice/Exercise Help?
Get **FREE** Qualified advice
between 5pm & 6pm Every Thursday
For Any First Timers, Trials or members!

Friday

Put your own classes on at times that suit you in between our live classes 24/7 with Les Mills on demand using our unique touch screens!

Turn over for more info! ➡

5am	6am	6am	TBC	9:15am	9:30am	10:20am	12:15pm	4:20pm	5:30pm
LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS BODYPUMP Kelly - Studio 1 Weights Class 60 Mins	Your Life CIRC-HIIT COMING SOON H.I.I.T Circuit 45 Mins	LES MILLS BODYCOMBAT INVINCIBLE Kelly - Studio 1 Cardio Class 60 Mins	Your Life LIFE FIT Jess - Studio 360 H.I.I.T WOD Class 60 Mins	ZUMBA Cate - Studio 1 Dance Class 60 Mins	LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS BODYCOMBAT Virtual - Studio 1 Cardio Class 60 Mins	LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins

Recent Improvements to Your Life!

- New 3D Body Scanner Analysis Machine (optional Service)
- Over \$150,000 of the best equipment in the country installed 2019!
- Brand new men's/ Women's Change Rooms & Kids Crèche area now open!
- 1080p HD touch screen Cardio Equipment with Netflix, Foxtel, virtual reality courses, TV, Web browsing & more! The latest tech in the country!

Saturday

** New! **

Sunday

6am	7:15am	8:15am	8:15am	8:15am	9:15am	9:20am	10:30am	3pm	8:15am	9:15am	10:30am
LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS sprint Daryl - Studio 2 H.I.I.T Cycle Class 30 Mins	RESERVED! FOR OUR NEXT 8 WEEK CHALLENGE STARTING 28/1/20! See Reception.	LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS BODYSTEP Daryl/Annette - St 1 Cardio Class 60 Mins	LES MILLS BODYPUMP Annette - Studio 1 Weights Class 60 Mins	Your Life LIFE FIT Sharni - St 360 H.I.I.T WOD Class 60 Mins	Your Life YOGA Mandy - Studio 1 Hatha Yoga Class 70 Mins	LES MILLS BODYBALANCE Virtual - Studio 1 Yoga/Pilates Class 60 Mins	LES MILLS RPM Virtual - Studio 2 Cycle Class 45 Mins	LES MILLS BODYCOMBAT Virtual - Studio 1 Cardio Class 60 Mins	LES MILLS BODYBALANCE Virtual - Studio 1 Yoga/Pilates Class 60 Mins



fitness passport
We accept Fitness Passport. We require paperwork before you start! So please see reception during open times for more details.



The Most LIVE Classes!	Length	Exercise Type	Intensity	Burn Rate	Class Benefits
LES MILLS BODYPUMP	60 Mins	Weights-Based Resistance Training	Moderate to High	540 AVG. Calories	For anyone looking to get lean & toned. Using light to moderate weights with lots of repetitions it gives you a total body workout. Instructors will coach you through the results proven moves!
LES MILLS BODYBALANCE	55 Mins	Inspired by Yoga, Tai Chi & Pilates	Low	390 AVG. Calories	A yoga-based class that will improve your mind, your body and your life! You'll strengthen your entire body & leave feeling calm & centered
LES MILLS BODYCOMBAT INVINCIBLE	55 Mins	Martial Arts Inspired Cardio	High	740 AVG. Calories	Punch and kick your way to fitness,. This high-energy martial-arts inspired workout is totally non-contact & You'll have a good stress relief!
LES MILLS CXWORX	30 Mins	Core Strength Training	Moderate to High	210 AVG. Calories	Tightens Core Muscles, Improves Functional Strength. Its low impact & focusing on all your core muscles including your hips & butt!
LES MILLS BODYSTEP	55 Mins	Step-Based Cardio	Moderate to High	620 AVG. Calories	Basic stepping, just like walking up & down stairs creates a full-body workout to really tone your butt & thighs.
LES MILLS tone	45 Mins	Cardio, Core & Strength	Moderate	490 AVG. Calories	If you want the optimal mix of strength, cardio & core training this is it - Caters to all fitness levels!
LES MILLS sprint	30 Mins	High Intensity Interval Training (HIIT)	High low Impact	Variable AVG. Calories	Improves Cardio Fitness. A High intensity interval workout that gets super fast results with an after burn! Zero impact on your joints H.I.I.T training!
LES MILLS RPM	45 Mins	Indoor Cycling RPM	Moderate to High	675 AVG. Calories	Improve Fitness, Lower Body Endurance & Lower body shape in this no impact cardio bike class!
Your Life LIFE FIT	55/60 Mins	High Intensity Interval Training (HIIT)	High	Variable AVG. Calories	Programmed Classes of H.I.I.T & with some advanced Olympic lifting! Maximum results in minimal time with experienced coaches.
Your Life CIRC-HIIT	45 Mins	High Intensity Interval Training (HIIT)	High Variable	Variable AVG. Calories	H.I.I.T without Olympic lifts or heavy weights. A circuit style class with options for all fitness levels but still with max intensity for max results!
Your Life YOGA	60 to 75 Mins	Traditional Hatha Yoga Style	Low to High	390 AVG. Calories	Gain flexibility, mental wellbeing & inner peace from this practice plus it tones & shapes your whole body!
Your Life BOXERCISE	50 Mins	Indoor Boxing Style Training	Moderate to High	730 AVG. Calories	Build Boxing Fitness, Cardio Fitness and Strength/Endurance in our indoor boxercise/circuit style class!
Your Life KIDS FIT (During School terms only)	45 Mins	Kids Fitness for Ages 5 to 12 years.	Low to Moderate	N/A	Improves Functional Agility, flexibility & Fitness in a fun class aimed at teaching kids to move! <i>* Cost is \$4 for members or \$8 non members.</i>
ZUMBA	55 Mins	Zumba Dance Fitness	Low/Moderate	490 AVG. Calories	Get a Cardio workout & Improved coordination with Latin inspired dance moves!

The Most Virtual Classes!

LES MILLS ONDEMAND VIRTUAL

Put a class on using our touch screens 24/7!

- LES MILLS BODYPUMP**
- LES MILLS BODYBALANCE**
- LES MILLS BODYCOMBAT**
- LES MILLS RPM**

Length	Exercise Type	Intensity	Burn Rate	Benefits
Les Mills VIRTUAL - The world's best group fitness classes are filmed with the programs master international trainers and provided to our customers by a large TV or Projector System in the nominated studio's. The Classes are not supervised by a real person so 3 minute Safety Video's/ information videos start before every class. The class features a variety of trainers so you can get the best workouts and 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 fitness Centre's which means more workouts available for you and more results! All our Virtual Class rooms have 24hr CCTV cameras and after hour contact numbers!				
30 or 55 Mins See Time Table	Weights-Based Resistance Training	Moderate to High	560 AVG. Calories	For anyone looking to get lean & toned. Using light to moderate weights with lots of repetitions it gives you a total body workout
30 or 55 Mins See Time Table	Inspired by Yoga, Tai Chi & Pilates	Low	390 AVG. Calories	A yoga-based class that will improve your mind, your body and your life! You'll strengthen your entire body & feel centered!
30 or 55 Mins See Time Table	Martial Arts Inspired Cardio	High	737 AVG. Calories	Punch and kick your way to fitness,. This high-energy martial-arts inspired workout is totally non-contact with fast results!
30 or 45 Mins	Indoor Cycling Cardio – RPM or Life Cycle	Moderate to High	675 AVG. Calories	Improve Fitness, Lower Body Endurance & Lower body shape in this no impact cycle class!

What are Les Mills Classes?

Les Mills is recognized as the worlds leading provider of group fitness programs. Great music and passionate instructors inspire exhilarating workouts - see www.lesmills.com for more. Each of our trainers has been through Les Mills international training to be able to deliver the highest standard of class every time. When your doing classes research has shown you work harder than when you are on your own and you attend more regularly giving you better results. Research is ongoing to make sure it's the very cutting edge training & to make sure its safer!

Getting Started Tips!

- Please arrive early, if you're late & miss the warm up you may not be able to join in due to safety reasons.
 - Ask the trainer for help, we are here to help, see us before or after the class for tips or questions ☺
 - Les Mills classes are **Pre choreographed** so it's the same music or routine for a while so you learn the moves quicker, we then change the music to keep it engaging but the format for the particular class style remains very similar, This is so you build confidence & get faster Results!
 - Options & more options! Every class style, even the high intensity styles offer Options, these options are shown during the class, so if your only new don't panic, there will be easier options for you to start with - Just ask the Instructor!
 - What to bring - A towel, covered footwear & appropriate clothing. But like all workouts it's a good idea to bring a bottle of water & maybe a matt for floor classes. (we do supply matts so don't worry if you don't have a matt to start!)
 - Bring a friend? We offer **FREE trial passes**, so if its your first time or even if you're a regular maybe bring a friend? Having a training buddy can improve the regularity of workouts equaling more results plus you get fit together.
 - We are here to help! Ask us at reception whenever you need help or ask our class trainers, all our team are highly qualified and offer decades of knowledge from experience in the industry.
- Don't forget to do your free 1hr session with us when you join for best results!