

HEALTH & FITNESS CENTRE

 **MILLBROOK**

QUEENSTOWN | NEW ZEALAND

BE INSPIRED

Situated in the heart of the Wakatipu Basin
and surrounded by the Southern Alps, there
is no better place to work out.

Our Health & Fitness Centre has something to offer everyone. The gym is equipped with a full range of Life Fitness cardiovascular equipment, weight machines and free weights.

Our facilities include a three lane, 25m heated indoor lap pool, two outdoor spa pools and one hot tub in a relaxing private environment, luxury spacious changing rooms with separate male and female saunas, two grass tennis courts (in summer) and one plexipave hard court.

GROUP FITNESS

Exercise should be fun and our Les Mills classes are a powerful way to get the motivation, inspiration and results you are after. We also offer a variety of other group fitness classes including Yoga, Pilates, Aqua Aerobics and Millbrook Stretch to keep you fit and healthy.

PERSONAL TRAINING

Expert personal training is available to help motivate you to achieve your goals. Tennis coaching is available all year round by appointment. Pilates, Yoga and Swimming one-on-one sessions are also available on request.

EXPERT ADVICE AND ASSESSMENT

Appointments can be arranged with physiotherapists or a chiropractor (ACC treatment providers) located onsite. Please contact us to make a booking.

FITNESS ASSESSMENT & PERSONALISED PROGRAMMES

We encourage our members to complete a fitness assessment when joining our gym. Whatever your fitness level we will work with you to your specific needs, set your goals and help you achieve the results you are after. A personalised programme will be designed for you after your fitness assessment. You will be guided by an instructor through this programme to familiarise yourself with our equipment and to ensure you use the correct technique. Initial fitness assessments and programmes are offered complimentary with all 6 or 12 month memberships.

SWIMMING POOL

The indoor swimming pool has three lanes, is 25 metres long, 6 metres wide and 1.2 metres deep. The water temperature is set to 28° Celsius.

SPA POOLS, HOT POOL & SAUNA

The length of stay within these areas depends on your own comfort levels. Please consult with your practitioner before use if you have any medical conditions. Drink plenty of water to prevent dehydration. The outdoor spa and hot pools are 37° - 40°C, and the sauna 85° - 90°C.

TENNIS COURTS

One plexipave hard court and two grass tennis courts (in summer) are available for members and inhouse guests only. Please book in advance. Racquets and balls are available at reception with a \$20 refundable deposit required.

PÉTANQUE COURT

Our pétanque court is made from fine gravel and is located by The Millpond. Balls are available from reception.

RATES

FULL MEMBERSHIP	JOIN FEE	RATE
6 month	\$360	\$100 per month
12 month	\$565	\$95 per month

At the commencement of your 6 or 12 month membership you are provided with complimentary day passes. These passes provide access for any guest, friend or family member you invite to the Health & Fitness Centre. Guests of a member may also receive a day pass to the Health & Fitness Centre at the reduced rate of \$22 (normally \$32). To be eligible the member must be with their guest at the time of purchase.

SHORT TERM MEMBERSHIPS

1 month = \$225   2 months = \$340   3 months = \$490
Fitness assessment and programmes are an additional charge of \$50 for short term members.

CASUAL USER	ACCESS	RATE
Full day entry	Full access	\$32
Fitness class	1 x class	\$20
Concession card	Classes only	\$170 / 10 x visits



BE ENERGISED

Whatever you want to get out of a gym, we have a fantastic range of options available to help you reach your personal goals.

A woman with dark hair in a ponytail, wearing a red sports bra, is shown in profile, looking towards the right. She is standing in a gym with a high, vaulted wooden ceiling. In the background, another person is visible working out near a window. To the right, there are treadmills and a rack of weights. The text "BE MOTIVATED" is overlaid on the left side of the image.

BE MOTIVATED

We know that half the challenge in creating change is deciding how to do it. Our greatest ambition is to encourage everyone, at all levels.

OPENING HOURS

Weekdays   6:00am – 9:00pm
Weekends   7:00am – 9:00pm

Opening hours are subject to change during public holidays, please check with our team.

CAR PARKING

Please use the main car park in front of the resort reception area. The small car park opposite the tennis courts is for in-house guests and dining guests only.

THE SPA COMPLIMENTARY ACCESS

Use of our Health & Fitness Centre is complimentary to all spa guests who are having a 60 minute plus treatment. Check in at The Spa and make your way over to the Health & Fitness Centre.

SHUTTLE SERVICE & TIMETABLE

Complimentary shuttle service is also available to all guests. Our shuttle service runs seven days per week. Bookings are required. Please call our concierge team on +64 (0)3 441 7000 or 0800 800 604 to reserve a seat.

Departs Millbrook	Departs Queenstown
7:00 am*	7:30 am*
8:00 am	8:30 am
10:00 am	10:30 am
12:00 pm	12:30 pm
2:00 pm	2:30 pm
4:00 pm	4:30 pm
5:00 pm	5:30 pm
6:00 pm	6:30 pm
7:00 pm	7:30 pm
9:00 pm	9:30 pm
10:00 pm	10:30 pm

*1 October – 30 April only



Health & Fitness Centre

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