

CLASS TIMETABLE

OPENING HOURS

Mon – Fri 6am – 9pm

Sat – Sun 7am – 9pm

PLEASE NOTE

Bookings are essential for all classes. All classes 60 minutes unless specified.

CLASS FEES

Members & In-house Guests

Complimentary

Non-members/casual

\$20 1 class

\$32 Full day gym entrance (incl classes)

\$170 Concession card of 10 x classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning		6.30am Circuit (45 mins)	6.30am Box-fit (45 mins)	6.30am Circuit (45 mins)		7.45am Body Pump (45mins)	
	8am Yoga Vinyasa Flow	8am Barre Warrior	8am Core Conditioning (50mins)	8am Yoga Slow & Steady	8am Body Pump	8.45am Pilates All levels	8am Yoga Yin/Restorative
	9am Aqua Aerobics	9am Barre Yoga	9am Aqua Aerobics		9am Aqua Aerobics		9am Yoga Vinyasa Flow All levels
	9.05am Yoga Yin & Yang (90 mins)		& 9am Millbrook Stretch		9.15am Yoga Ying & Yang (90mins)	9.15am Yoga Vinyasa Flow	
		10.15am Yoga Yin	10.15am Balance	11.30am Barre Yoga	10.30am Yoga Yin/Restorative		10.15am Barre 101 (45mins)
Afternoon				12.30am Express Barre Warrior (45mins)			
Evening	5.30pm Body Combat	6pm Yoga Vinyasa Flow	6pm Body Pump	5.30pm Barre Warrior			
	6.30pm Yoga			6.30pm Pilates All levels			

Key: **Millbrook Classes** • **Barre Classes** • **Aquatic Classes** • **Les Mills** • **Other**

DESCRIPTION OF CLASSES

Aqua Aerobics

A wet workout using water for resistance. Great for rehabilitation or general conditioning.

Balance

Balance is the foundation of our life. The balance class offers functional, easy to follow exercises that will help you keep an active and independent lifestyle. Build strength, coordination, increase whole body awareness and help prevent injuries from falls. Targeted for the actively ageing.

Box-fit

Fitness class with a bang! A fun and interactive class designed to get you fighting fit. You'll develop skills of footwork, punch combo's & defence all packaged together with conditioning your body like an athlete. Learning the kinematic sequence of the perfect punch will help you develop necessary power for most sporting activities.

Circuit

This class incorporates all realms of fitness qualities which include strength, plyometric, HIIT, core and flexibility segments. The perfect class to light up your metabolism and keep your body guessing to gain rapid results.

Millbrook stretch

Enjoy this full body 45 minute stretch class. A great way to work on your flexibility and reduce injury risk.

Pilates/Core Conditioning

Teaching in depth control with a healthy combination of strength, flexibility and mobility.

Slow & Steady Yoga

A simple, slower-moving 'basics' class. Focused on the subtle details of each pose so not just for beginners.

Vinyasa Flow Yoga

A faster moving vinyasa practice that assumes some yoga experience & is more focused on creating smooth movement and energy flow than on precision.

Yin & Yang Yoga

This class offers the best of both worlds - an energising and uplifting flow practice that melts into deep and introspective stretches. Suitable for all levels.

Yin/Restorative Yoga

Yin/Restorative Yoga is a gentle stretching practice where the poses are held for longer, but with less intensity. Props are often used to support the body to allow deeply held stiffness and tension in the muscles and joints to melt and release. Suitable for all ages and all levels.

LesMILLS

Les Mills BODYCOMBAT®

Prepare to totally unleash yourself in BODYCOMBAT®, the empowering cardio workout. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful instructors, you'll strike, punch, kick and kata your way through calories to superior cardio fitness.

Les Mills BODYPUMP®

The original barbell class that shapes, tones and strengthens your entire body. This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls.

Barre Yoga

Barre Yoga combines Vinyasa Flow Yoga with Barre technique keeping it all in the flow and works on alignment, breath, movement control and fitness through endurance and cardio intervals.

This class will get you toned, stretched, enhance your fitness and center you in your mind and body. All levels welcome.

Barre 101

Barre 101 gets you super clear on Barre techniques and teaches you each movement in simple steps. The focus is on getting your body well aligned and working in the most effective way.

You will absolutely get the effects of Barre and this may remain your choice of class. This is also great if you simply want a toning session to compliment your other training. Also recommended if you're recovering from an injury or pregnant. All levels welcome.

Barre Warrior

The warrior version of Barre Yoga. This is the class that gets swift results. We have a lot of fun with high octane beats to fuel you and the pace rarely drops. Emphasis on weights, high reps and intense cardio intervals will burn away fat, build endurance, fitness and an appetite for more. Technique is a must so please ensure you come to at least 1-2 classes of BARRE 101 if Barre is new to you.

Health & Fitness Centre

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