

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)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	6.45am Millbrook HIIT (45 mins)		6.45am Box-fit (45 mins)	6:45am Yoga Slow & Steady	6.45am Millbrook HIIT (45 mins)		
	8am Yoga Vinyasa Flow	8am Barre Warrior	8am Core Conditioning (50mins)	8am Yoga Slow & Steady	8am Millbrook Pump	8am Millbrook Pump	8am Yoga Yin/Restorative
	9am Aqua Aerobics	9am Barre Yoga	9am Aqua Aerobics		9am Aqua Aerobics	9.15am Pilates All levels	9am Yoga Vinyasa Flow All levels
	9.15am Yoga Yin & Yang (90 mins)		& 9am Millbrook Stretch	9.15am Yoga Ying & Yang (90mins)	9.15am Yoga Vinyasa Flow		10.15am Barre 101 (45mins)
		10.15am Yoga Yin	10.15am Balance 60+	11.30am Barre Yoga	10.30am Yoga Yin/Restorative		11am Barre Beats
Afternoon	4.30pm TPI Golf			12.30pm Express Barre Warrior (45mins)	11.45am Tai Chi (45 mins)		
Evening	5.45pm Box-fit (45 mins)	5pm Pilates All levels (55mins)		5pm Pilates (All levels)			
	6:30pm Yoga Yin/Restorative	6pm Yoga Vinyasa Flow		6pm Barre Warrior			

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

DESCRIPTION OF CLASSES

Millbrook HIIT

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.

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.

Millbrook Stretch

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

TPI Golf

The TPI (Titleist Performance Institute) Golf Fitness class will incorporate methods of restorative movement, preventative exercise, posture, myofascial trigger point release, mobility, strength and fitness work all in a progressive nature to allow you to enjoy golf pain-free, minimise risk of injury, fire the correct muscles in sequence and become equipped with the skills to produce the best swing your body can deliver. If you're new to the game, have never set foot in a gym before, have had injury problems keeping you off the game or simply a performance goal, this class is for you. All fitness levels welcome.

Millbrook Pump

This barbell class will help shape, tone and strengthen 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.

Core Conditioning

Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Walk taller, feel stronger.

Balance 60+

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.

Aqua Aerobics

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

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 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 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.

Barre Beats

Barre Beats is a dynamic Dance Cardio class that gets the body moving to phat beats, stomping grooves and open to all levels. The simple steps build to a sequence over 40 minutes, whilst adding Barre Warrior technique to tone and develop core strength and body articulation. Fitness for those who like to shake their booty and smile whilst working out.

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.

Slow & Steady Yoga

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

Pilates

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on postural alignment, breathing, developing a strong core, and improving coordination and balance. The core, consisting of the muscles of the abdomen, low back, and hips, is often called the "powerhouse" and is thought to be the key to a person's stability. Pilates' system allows for different exercises to be modified in range of difficulty from beginner to advanced.

Tai Chi

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner accompanied by deep breathing.

Health & Fitness Centre

Millbrook Resort, 1124 Malaghans Road, Arrowtown 9371

E: health.fitness@millbrook.co.nz P: +64 (0)3 441 7014



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