

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 Millbrook HIIT (45 mins) | | |
| | 8am Yoga Vinyasa Flow | 8am Barre Warrior | 8am Core Conditioning (50mins) | 8am Yoga Slow & Steady | 8am Millbrook Pump | | 8am Yoga Yin/Restorative |
| | 9am Aqua Aerobics | 9am Barre Yoga | 9am Millbrook Stretch | | 9am Aqua Aerobics | 9.15am Pilates All levels | 9am Yoga Vinyasa Flow All levels |
| | 9.15am Yoga Yin & Yang (90 mins) | | | 9.15am Yoga Ying & Yang (90mins) | 9.15am Yoga Vinyasa Flow | | 10.15am Barre 101 (45mins) |
| | | 10.15am Yoga Yin | 10.15am Yoga Slow & Steady | 11.30am Barre Yoga | 10.30am Yoga Yin/Restorative | | |
| Afternoon | 4.30pm TPI Golf | 12:30pm Core Conditioning (50mins) | | 12.30pm Express Barre Warrior (45mins) | 11.45am Tai Chi | | |
| Evening | | 5pm Pilates All levels (55mins) | | 5pm Pilates (All levels) | | | |
| | 6pm 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

This class teaches the foundations to Barre Warrior. The technique is broken down into steps that anyone can do, which means that no prior dance experience is necessary. This class is often a favourite and needn't be limited to one or two sessions as it's still a great workout but at a slightly less challenging pace and easier to follow. Also recommended if you're recovering from an injury or pregnant. All levels welcome.

Barre Yoga

Pilates style barre combines with yoga to ensure effective use of breath with movement, rejuvenating your mind as well as your body. This class is ideal for a mindful workout with deep stretching and has been highly effective in rehabilitating people from hip, knee and ankle injuries as well as surgery. Physios and Chiropractors have been consistently praising the class for its positive effects on their clients. Key benefits are developing awareness of postural muscles and balance. All levels welcome.

Barre Warrior

The signature class ramps up the pace to challenge endurance, strength and fitness by adding weights, soft balls, resistance bands and high-intensity interval training. This is a total body workout set to DJ produced, endorphin inducing, deep house music. Barre Warrior is a serious work-out and it's a program that you can connect to your inner fire and physical freedom. Technique is a must so please ensure you come to at least 1-2 classes of BARRE 101 if Barre is new to you.

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.

Dynamic Pilates

The principles and benefits of Pilates but as a faster paced express class.

Health & Fitness Centre

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