

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

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

# DESCRIPTION OF CLASSES

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## **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.

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## **Health & Fitness Centre**

Millbrook Resort, 1124 Malaghans Road, Arrowtown 9371  
E: [health.fitness@millbrook.co.nz](mailto:health.fitness@millbrook.co.nz) P: +64 (0)3 441 7014



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