

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
\$25 1 class
\$38.50 Full day gym entrance (incl. classes)

Fitness **Fitness Classes** **Barre** **Barre Classes** **Aquatic** **Aquatic Classes** **Yoga / Pilates** **Yoga & Pilates**

MON	TUE	WED	THU	FRI	SAT	SUN
Fitness 6.30am Millbrook HIIT 45 mins	Fitness 8am Millbrook Pump	Fitness 6.30am Millbrook HIIT 45 mins	Yoga / Pilates 8am Yoga Slow & Steady	Fitness 8am Millbrook Pump	Yoga / Pilates 8am Yoga Slow & Steady	No classes today
Yoga / Pilates 8am Yoga Vinyasa Flow	Barre 9.15am Barre Warrior	Fitness 8am Core Conditioning 50 mins	Yoga / Pilates 9.15am Yoga Yin & Yang 90 mins	Yoga / Pilates 9.15am Yoga Vinyasa Flow	Yoga / Pilates 9.15am Yoga Vinyasa Flow	
Aquatic 8.45am Aqua Aerobics	Yoga / Pilates 10.30am Pilates	Aquatic 8.45am Aqua Aerobics	Barre 11.15am Barre Yoga	Yoga / Pilates 10.30am Yoga Yin/ Restorative	Yoga / Pilates 10.30am Dynamic Pilates 45 mins	
Yoga / Pilates 9.15am Yoga Yin & Yang 90 mins	Fitness 5.30pm Millbrook Circuit 45 mins	Fitness 9am Millbrook Stretch	Barre 12.30pm Express Barre Warrior 45 mins			
Yoga / Pilates 12pm Pilates	Yoga / Pilates 6.30pm Yoga Vinyasa Flow	Yoga / Pilates 10.15am Yoga Slow & Steady	Fitness 5.15pm Fit for Golf 45 mins			
Yoga / Pilates 6pm Yoga Yin/ Restorative		Fitness 11.30am Senior Balance	Yoga / Pilates 6.15pm Yoga Vinyasa Flow			
		Yoga / Pilates 4.45pm Pilates				
		Barre 5.45pm Express Barre Warrior 45 mins				

DESCRIPTION OF CLASSES

Fitness **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.

Fitness **Millbrook Stretch**

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

Fitness **Millbrook Circuit**

This metabolic circuit class has been designed to blend primal movement patterns, functional strength, and stability with a blend of high intensity cardiovascular blasts. Strength and conditioning has never been more fun! Be fit, strong, and stable for anything life throws at you.

Fitness **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.

Fitness **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.

Fitness **Senior 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, rehab and help prevent injuries from falls. Targeted for the actively ageing.

Fitness **Fit for Golf**

Embark on a transformative journey to unlock your full golfing potential with Luke Marshall, a certified expert from the renowned Titleist Performance Institute. Discover the secret to an extraordinary game by honing in on the essentials: Strength, Mobility, Stability, and Posture. Immerse yourself in training designed to amplify every aspect of your game. Develop a rock-solid core, robust legs and upper body strength, laying the foundation for a swing that commands the course. Forge a resilient body that wards off potential injuries. Luke Marshall's expertise ensures a comprehensive fitness program that addresses weaknesses and imbalances, keeping you on the course and injury-free. Tee off with confidence - let's get Fit for Golf!

Aquatic **Aqua Aerobics**

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

Barre **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. Key benefits are developing awareness of postural muscles and balance. All levels welcome.

Barre **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.

Yoga / Pilates **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.

Yoga / Pilates **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.

Yoga / Pilates **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.

Yoga / Pilates **Slow & Steady Yoga**

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

Yoga / Pilates **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.

Yoga / Pilates **Dynamic Pilates**

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

Health & Fitness Centre

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