

# 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.

All Health & Fitness classes are complimentary to

**Members & In-house Guests**

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

| MON   | TUE   | WED  | THU   | FRI  | SAT  | SUN  |
|---|---|--|---|--|--|--|
| <b>Fitness</b><br><b>6.30am</b><br>Impact HIIT<br>45 mins               | <b>Fitness</b><br><b>6.30am</b><br>Impact HIIT<br>45 mins     | <b>Virtual</b><br><b>6:30am</b><br>Virtual Fit<br>40 mins                    | <b>Fitness</b><br><b>6.30am</b><br>Impact HIIT<br>45 mins               | <b>Virtual</b><br><b>6:30am</b><br>Virtual Fit<br>40 mins          | <b>Yoga / Pilates</b><br><b>8am</b><br>Yoga<br>Slow & Steady   | <b>Virtual</b><br><b>7:30am</b><br>Virtual Fit<br>40 mins  |
| <b>Yoga / Pilates</b><br><b>8am</b><br>Yoga<br>Vinyasa Flow             | <b>Fitness</b><br><b>7.45am</b><br>Millbrook<br>Pump          | <b>Fitness</b><br><b>8am</b><br>Core<br>Conditioning<br>50 mins              | <b>Yoga / Pilates</b><br><b>8am</b><br>Yoga<br>Slow & Steady            | <b>Fitness</b><br><b>8am</b><br>Millbrook<br>Pump                  | <b>Yoga / Pilates</b><br><b>9.15am</b><br>Yoga<br>Vinyasa Flow | <b>Fitness</b><br><b>9am</b><br>Core<br>Conditioning       |
| <b>Aquatic</b><br><b>8.45am</b><br>Aqua<br>Aerobics                     | <b>Barre</b><br><b>9.15am</b><br>Barre                        | <b>Aquatic</b><br><b>9am</b><br>Aqua<br>Aerobics                             | <b>Yoga / Pilates</b><br><b>9.15am</b><br>Yoga<br>Yin & Yang<br>90 mins | <b>Yoga / Pilates</b><br><b>9.15am</b><br>Yoga<br>Vinyasa Flow     | <b>Yoga / Pilates</b><br><b>10.30am</b><br>Pilates             | <b>Fitness</b><br><b>10.15am</b><br>Millbrook<br>Pump      |
| <b>Yoga / Pilates</b><br><b>9.15am</b><br>Yoga<br>Yin & Yang<br>90 mins | <b>Yoga / Pilates</b><br><b>10.20am</b><br>Pilates            | <b>Yoga / Pilates</b><br><b>9am</b><br>Stretch                               | <b>Fitness</b><br><b>11am</b><br>Core<br>Conditioning                   | <b>Yoga / Pilates</b><br><b>10.30am</b><br>Yoga<br>Yin/Restorative | <b>Barre</b><br><b>11.35am</b><br>Express<br>Barre<br>45 mins  | <b>Virtual</b><br><b>2pm</b><br>Virtual Pilates<br>30 mins |
| <b>Yoga / Pilates</b><br><b>12pm</b><br>Express<br>Pilates<br>45 mins   | <b>Yoga / Pilates</b><br><b>11.30am</b><br>Tai Chi<br>50 mins | <b>Yoga / Pilates</b><br><b>10.15am</b><br>Yoga<br>Slow & Steady             | <b>Fitness</b><br><b>5pm</b><br>Circuit<br>45 mins                      | <b>Virtual</b><br><b>2pm</b><br>Virtual Pilates<br>30 mins         | <b>Virtual</b><br><b>2pm</b><br>Virtual Fit<br>40 mins         | <b>Virtual</b><br><b>6:30am</b><br>Virtual Yoga<br>30 mins |
| <b>Barre</b><br><b>12.50pm</b><br>Express<br>Barre<br>45 mins           | <b>Yoga / Pilates</b><br><b>6pm</b><br>Yoga<br>Vinyasa Flow   | <b>Yoga / Pilates</b><br><b>11.30am</b><br>Myofascial<br>Release<br>Yin Yoga | <b>Virtual</b><br><b>6.15pm</b><br>Virtual Yoga<br>30 mins              | <b>Virtual</b><br><b>6:30pm</b><br>Virtual Yoga<br>30 mins         |  |  |
| <b>Fitness</b><br><b>4.45pm</b><br>Millbrook<br>Pump                    | <b>Yoga / Pilates</b><br><b>7.15pm</b><br>Deep<br>Relaxation  | <b>Yoga / Pilates</b><br><b>4.45pm</b><br>Pilates                            |   |  |  |  |
| <b>Yoga / Pilates</b><br><b>6pm</b><br>Yoga<br>Yin/<br>Restorative      |   | <b>Barre</b><br><b>5.50pm</b><br>Express Intro<br>to Barre<br>45 mins        |   |  |  |  |
|   |   | <b>Yoga / Pilates</b><br><b>6.45pm</b><br>Deep<br>Relaxation                 |   |  |  |  |

# DESCRIPTION OF CLASSES

## **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 have never been more fun! Be fit, strong, and stable for anything life throws at you.

## **Fitness** **Millbrook Stretch**

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

## **Fitness** **Impact HIIT**

High intensity interval training with added boost (impact) of equipment to maximise your efforts. This class includes foot drills with power up modes, Tabata intervals, weighted air boxing and footwork. Designed to break thresholds, boost metabolism and create EPOC effect.

## **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.

## **Aquatic** **Aqua Aerobics**

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

## **Barre** **Barre**

A high-energy, full-body fitness class that combines strength, flexibility, and cardio using a barre. You'll flow through pliés, lunges, and squats while holding the barre for balance, sculpting your legs, glutes, and core. Challenge your upper body with light weights and focus on controlled movements that burn and tone. This class will leave you feeling strong, toned, and energised. Perfect for anyone looking to improve their strength and flexibility with a fun, fast-paced workout!

## **Barre** **Express Barre**

The same principles and benefits of a traditional Barre class, but in a faster paced, express class

## **Barre** **Express Intro to Barre**

This class teaches the foundations of Barre. The technique is broken down into steps that anyone can do, which means no prior experience is required. Also recommended if you are recovering from injury or pregnant – all levels welcome. Class will be 45 minutes long.

## **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 covers 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** **Deep Relaxation**

This gentle relaxation class combines mindful stretching and conscious breathing to activate the parasympathetic nervous system—your body's natural rest and restore mode. By calming the mind and releasing tension, the practice helps reduce stress, promote balance, and support the body's natural healing processes. Open to all levels, this is a peaceful space to slow down, reconnect, and restore.

## **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** **Express Pilates**

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

## **Yoga / Pilates** **Myofascial Release Yin Yoga**

Support the release of tight muscle areas of the body by targeting them using myofascial release balls before settling into long, slow-held, gentle yin yoga poses

## **Yoga / Pilates** **Tai Chi**

Chen Style Taijiquan (Tai Chi) Practical Method. Delve deeper into the traditional art of Tai Chi. This class goes beyond the surface-level health benefits to explore the internal martial art roots, energetic principles, and applications that make Tai Chi a profound and powerful practice. Tai Chi is renowned as one of the safest and most effective forms of exercise for all levels and ages. This class focuses on building a strong foundation in the core principles of Tai Chi, guiding you toward improved balance, flexibility, joint health, and mental calm.

## **Virtual** **Virtual Fit**

Stay strong, energized, and motivated from wherever you are with Virtual Fit—a dynamic workout focusing on different muscle groups in every session. Designed to boost fitness, build strength, and improve mobility.

Each session combines a mix of bodyweight exercises, functional movement, and cardio-based intervals to keep your heart rate up and your muscles challenged. With real-time guidance and modifications for all levels, you'll get a safe, effective workout whether you're a beginner or more experienced.

## **Health & Fitness Centre**

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