

# 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**

MON	TUE	WED	THU	FRI	SAT	SUN
<b>Fitness</b> <b>6.30am</b> Impact HIIT <b>45 mins</b>	<b>Fitness</b> <b>6.30am</b> Millbrook Circuit <b>45 mins</b>	<b>Fitness</b> <b>8am</b> Core Conditioning <b>50 mins</b>	<b>Yoga / Pilates</b> <b>8am</b> Yoga Slow & Steady	<b>Fitness</b> <b>8am</b> Millbrook Pump	<b>Yoga / Pilates</b> <b>8am</b> Yoga Slow & Steady	<b>Fitness</b> <b>11.30am</b> Core Conditioning
<b>Fitness</b> <b>11.30pm</b> Core Conditioning	<b>Fitness</b> <b>8am</b> Millbrook Pump	<b>Fitness</b> <b>9am</b> Millbrook Stretch	<b>Yoga / Pilates</b> <b>9.15am</b> Yoga Yin & Yang <b>90 mins</b>	<b>Yoga / Pilates</b> <b>9.15am</b> Yoga Vinyasa Flow	<b>Yoga / Pilates</b> <b>9.15am</b> Yoga Vinyasa Flow	
<b>Yoga / Pilates</b> <b>6pm</b> Yoga Yin/ Restorative	<b>Yoga / Pilates</b> <b>9.15am</b> Pilates	<b>Yoga / Pilates</b> <b>10.15am</b> Yoga Slow & Steady	<b>Fitness</b> <b>5pm</b> Fit to Ski	<b>Yoga / Pilates</b> <b>10.30am</b> Yoga Yin/ Restorative	<b>Yoga / Pilates</b> <b>10.30am</b> Pilates	
	<b>Yoga / Pilates</b> <b>10.20am</b> Pilates	<b>Yoga / Pilates</b> <b>11.30am</b> Myofascial Release Yin Yoga	<b>Yoga / Pilates</b> <b>6.15pm</b> Yoga Vinyasa Flow		<b>Yoga / Pilates</b> <b>11.35am</b> Pilates	
	<b>Fitness</b> <b>4pm</b> Core Conditioning	<b>Fitness</b> <b>4pm</b> Impact HIIT <b>45 mins</b>				
	<b>Yoga / Pilates</b> <b>6.30pm</b> Yoga Vinyasa Flow					

# DESCRIPTION OF CLASSES

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## **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 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.

## **Fitness** **Fit to Ski**

This class is designed to prepare your whole body for the slopes with exercises for injury prevention, strengthening key muscles that support knees, shoulders, core muscles, and gluts. With extra strength, stability and fitness you'll be rewarded with less chance of injury and head into the ski season focusing on fun and progression. This class suits any snow enthusiasts, even if you don't ski/snowboard yet but want to try give it a go. If you've had previous injuries on the mountain definitely prepare yourself by joining!

## **Fitness** **Dance Fitness**

A total body workout combining Dance, Aerobics and Conditioning to form a 45-minute fun-filled class, set to an energetic music mix incorporating a wide variety of genres to get the endorphins flowing. All levels of fitness welcome and no previous dance experience required. This workout is open to all, with options given to ensure everyone leaves having pushed to their maximum potential.

## **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.

## **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.

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## **Health & Fitness Centre**

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