

# HEALTH & FITNESS CENTRE

 **MILLBROOK**

QUEENSTOWN | NEW ZEALAND



Our Health & Fitness Centre has something for everyone. The gym is equipped with a full range of Life Fitness cardiovascular equipment, weight machines and free weights.

Our facilities include a three lane, 25m heated indoor lap pool, two outdoor spa pools and one hot tub in a relaxing private environment, luxury spacious changing rooms with separate male and female saunas, two grass tennis courts (in summer) and one plexipave hard court.

#### **GROUP FITNESS**

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Exercise should be fun and our group fitness classes are a powerful way to get the motivation, inspiration and results you are after. We offer a variety of classes daily including Yoga, Pilates, Aqua Aerobics, Barre Warrior and Millbrook Stretch to keep you fit and healthy.

#### **PERSONAL TRAINING**

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Expert personal training is available to help motivate you to achieve your goals. Tennis coaching is available all year round by appointment. Pilates, Yoga and Swimming one-on-one sessions are also available on request.

#### **EXPERT ADVICE AND ASSESSMENT**

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Appointments can be arranged with physiotherapists or a chiropractor (ACC treatment providers) located onsite. Please contact us to make a booking.

#### **FITNESS ASSESSMENT & PERSONALISED PROGRAMMES**

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We encourage our members to complete a fitness assessment when joining our gym. Whatever your fitness level we will work with you to your specific needs, set your goals and help you achieve the results you are after. A personalised programme will be designed for you after your fitness assessment. You will be guided by an instructor through this programme to familiarise yourself with our equipment and to ensure you use the correct technique. Initial fitness assessments and programmes are offered complimentary with all 6 or 12 month (ongoing) memberships.

## SWIMMING POOL

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The indoor swimming pool has three lanes, is 25 metres long, 6 metres wide and 1.2 metres deep. The water temperature is set to 28°C.

## SPA POOLS, HOT POOL & SAUNA

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The length of stay within these areas depends on your own comfort levels. Please consult with your practitioner before use if you have any medical conditions. Drink plenty of water to prevent dehydration. The outdoor spa and hot pools are 37° - 40°C, and the sauna 85° - 90°C.



## TENNIS COURTS

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One plexipave hard court and two grass tennis courts (in summer) are available for members and inhouse guests only. Please book in advance. Racquets and balls are available at reception with a \$20 refundable deposit required.

## PÉTANQUE COURT

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Our pétanque court is made from fine gravel and is located at Fox's Rush. Balls are available from reception.

## MEMBERSHIP OPTIONS

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A variety of membership and casual visitor options are available, from fitness class and day passes to short and long term memberships.

**Please scan the QR code to view current pricing.**





### **OPENING HOURS**

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Weekdays 6am – 9pm, Weekends 7am – 9pm  
Opening hours are subject to change during public holidays, please check with our team.

### **CAR PARKING**

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Please use the main car park in front of the resort reception area. The small car park opposite the tennis courts is for in-house guests and dining guests only.

### **THE SPA COMPLIMENTARY ACCESS**

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Use of our Health & Fitness Centre is complimentary to all spa guests who are having a 60 minute plus treatment. Check in at The Spa and make your way over to the Health & Fitness Centre.

### **SHUTTLE SERVICE & TIMETABLE**

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Complimentary shuttle service is also available to all guests. Our shuttle service runs seven days per week. Bookings are required. Please call our concierge team on +64 (0)3 441 7000 to reserve a seat. To view our current timetable please visit our website.



Health & Fitness Centre

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[MILLBROOK.CO.NZ](http://MILLBROOK.CO.NZ)