

# SEPT Fitness Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM Kundalini Yoga Sculpt Nidhi	8AM Pilates Fusion* Danielle	8:30AM Core & More Jessie	8:00AM Total Body Conditioning Danielle	8AM Sculpt & Stretch* Jessie	7:30AM Early Morning Stretch & Shake Jenny	8:00AM Core & More* (50min) Curt
9AM Mindful Yoga or Breath walk *weather permitting Nidhi	9AM Yin Restorative Yoga Danielle		9:00AM Strengthen & Lengthen Gina	9AM Qi Gong & Tai Chi Curt	8:30AM Qigong & Tai Chi (45 min) Curt	9AM Gentle Yoga* Curt
10AM Breathe & Flow Yoga Patrick	10:00AM Deep Relaxation & Guided Meditation* Danielle	10AM Gentle Flow Yoga Jessie	10:00AM Core & More Gina (30min)	10AM Total Body Conditioning* Curt	9:30AM Total Body Conditioning Curt	10AM Cardio Sculpt* Gina
11AM Mobility Danielle	11:30AM Gentle Yoga Keri-Ann	11AM Pilates Fusion Danielle		11AM Slow Flow Yoga Fran	11AM Vinyasa Flow Yoga* Curt	
5:30PM Dance Empowerment Lauren	5:15PM Suspension Sculpt & Stretch Curt	5PM Zumba & More Gina	5:15PM Vinyasa Flow (All Levels) Patrick	4:30PM Mindful Yoga Stacie		
6:30PM Movement for Self-Discovery Lauren	6:15PM Slow Flow Yoga Curt	6PM Deep Relaxation & Guided Meditation (30 min) Gina	6:15PM Yoga Chill (30 min) Patrick			



Mirbeau Balanced is a personal virtual wellness membership offering live-stream wellness classes, customized private coaching, and fun interactive workshops. Scan the QR code to explore our virtual events and to download our free App!

\*Classes will also be live streamed through Zoom

RESERVATIONS ARE REQUIRED // CALL 1.877.MIRBEAU OR VISIT THE SPA DESK

CLASSES ARE 50 MINUTES UNLESS OTHERWISE NOTED // CLASSES SUBJECT TO CHANGE WITHOUT NOTICE // SCHEDULE EFFECTIVE 9/1/2024

WWW.RHINEBECK.MIRBEAU.COM · 46 WEST MARKET ST, RHINEBECK, NY 12572

# Class Descriptions

## BREATHE & FLOW YOGA

This class will flow slowly through postures that coordinate with breath to expand our awareness, release tension and develop stability and contentment in the body. The goal is to settle the mind and body so that we may face challenges calmly and confidently as we tune in to the inner strength that lives within each of us.

## BREATH WALK

Experience the calming effects of learning to synchronize breath with walking in nature.

## CARDIO SCULPT

This high energy class can be adapted for all levels. Includes a variety of strength, cardio and core exercises.

## CORE & MORE (30 MIN)

This class focuses on improving abdominal and lower back strength and stability as well as improving balance. Class may use weights and body resistance. Great low-impact class suitable for everyone.

## DANCE EMPOWERMENT

Learn dance moves and have a blast enjoying movement! This class features easy to follow dance moves with a variety of pop, Latin rhythms and international music. Have a great time as you burn calories, tone, stretch and empower the mind, body and soul.

## DEEP RELAXATION & GUIDED MEDITATION

This class will take participants through a series of Mindful Movements. It will include a variety of Body Weight work, Strength training, Circuit and sometime HIIT work. Class can be adjusted to suit the needs of all levels.

## EARLY MORNING STRETCH & SHAKE

This class begins with a gentle waking/stretching of the mind and body, then continues into light aerobic work where we will mix in intervals of dance and toning throughout by incorporating body sculpting moves

## GENTLE FLOW YOGA

This inclusive class welcomes everyone at any level of yoga. Basic accessible yoga poses will be offered with clear instruction to help insure safety. As we practice, we will work towards mindful movements that offer participants an opportunity to escape from their busy minds and reconnect with their bodies in the present moment.

## GENTLE YOGA

A slow-moving class targeting all areas of the body to create flexibility, strength and balance all from kneeling, seated and reclined positions. There are a few standing postures. Perfect for those who prefer a more mindful practice.

## KUNDALINI YOGA SCULPT

This 50 minute class, will feature kundalini yoga inspired movements that may include repetitive breath work and core driven exercises as well as strong regular up and down movement patterns. The overall effect will yield a waking up of energy and a focus on total body sculpting and toning.

## MINDFUL YOGA

This gentle yoga class will focus on range of motion, stability, balance and posture alignment. Breathwork and meditation will also be included, so as to learn how to bring more mindfulness into our busy lives.

## MORNING STRETCH & SHAKE

This class begins with gentle waking/stretching of the mind and body, then continues into light aerobic work where we will mix in intervals of dance and toning throughout by incorporating bodysculpting moves.

## MOVEMENT FOR SELF DISCOVERY

In this class, you will be guided through breath, sound, and slow movement exercises to deepen your relationship with self. Emphasis is on following your internal impulses to cultivate life force and unlock your potential in creativity, awareness, and physical mobility. No experience is necessary.

## PILATES FUSION

A unique blend of strength training, cardio, Pilates and yoga that is challenging, high energy and a fun twist to mat Pilates. All routines are different and choreographed to music.

## QIGONG & TAI CHI

When practiced correctly on a regular basis, these two closely related practices can reduce stress and improve quality of life transcending age and physical condition.

## SCULPT & STRETCH

Part resistance training, part stretch, this class incorporates low-impact exercises to strengthen the core and upper body while also increasing flexibility and providing a calming release for the entire body.

## SLOW FLOW YOGA

A slower-moving flow class that creates peace and calm in body and mind through a mindfully sequenced series of standing poses. Options will be offered for balancing poses with the optional inversion.

## STRENGTHEN & LENGTHEN

This class will mix up low impact cardio with weight bearing moves for an inventive conditioning session. Build lean muscle while giving your metabolism and core strength a boost.

## SUSPENSION SCULPT & STRETCH

A fusion class that may include TRX straps in addition to other resistance training modalities that are easily adaptable to different fitness levels. There will also be included restorative movements and stretches to release tension in the body and calm the mind.

## TOTAL BODY CONDITIONING

This class combines all aspects of fitness to give you the best full body workout mixing in strengthening exercises as well as high-energy intervals that are easily modified to suit various fitness levels.

## VINYASA FLOW YOGA

This beginner/intermediate level class connects the breath to a series of postures designed to balanced body, mind and spirit. Through this moving meditation, you can expect to build strength, increase flexibility and work on better balance and stability. Students should be able to transition from the floor to standing postures.

## YIN/RESTORATIVE YOGA

A luxurious blend of deep stretching and relaxing poses. It is practiced at a slow pace, focusing on long holds, stillness, and deep breathing. Yin yoga incorporates deep stretches held for long periods of time. Restorative yoga uses cozy props to encourage physical, mental and emotional relaxation. Together the two make a perfect blend to transform your mind and body.

## YOGA CHILL (30 MIN)

Join this 30 minute relaxing session. Easy guided instruction will combine mind, body, and breathing to achieve a sense of centered calmness. The session culminates with a soothing sound experience of singing bowls.

## PLEASE NOTE

Classes meet near our Motion Studio five minutes before start time and may occur outdoors weather-permitting. Please wear comfortable clothing for each class. All classes are 50 minutes unless noted. Classes are subject to change without notice. Access to our daily fitness schedule is complimentary to our Wellness Members, Overnight and Spa Guests. Guest Spa Day Passes are available to purchase for use of spa and wellness facility. Workshops and Special Events may be subject to additional fees. Private & Semi-Private Fitness Training, Custom Wellness Classes and Workshops are available. For more information, please call 877.MIRBEAU.

SPA & WELLNESS HOURS OF OPERATION  
6AM - 9PM DAILY