



November + December Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6 am Spin L3 Jordan	6 am Body Sculpt L2 Sue	6 am TRX Circuit L2 Michael C.			
7 am TRX Circuit L2 Michael C.		7 am Barre Conditioning L2 Sue	7 am Fitness Studio Daybreaker L1 Michael C.	7 am Barre Conditioning L2 Sue		
8 am Kundalini Core Yoga L1 Nidhi	8 am Barre Burn 30min. L3 Krissy	8 am Yoga for Youthfulness L1 Nidhi	8 am Barre Burn 30min. L3 Krissy	8 am Pilates Mat L2 Sue		8 am Qi Gong & Tai Chi L2 Curt
	8:30 am HIIT Boxing 30min. L3 Krissy		8:30 am HIIT Boxing 30min. L3 Krissy			
9 am Barre Bands & BOSU L2 Krissy	9 am Sculpt & Serenity L1 Krissy	9 am Total Body HIIT L3 Jay	9 am Abs & Glutes L1 Krissy	9 am Qi Gong & Tai Chi L2 Curt	9 am Yoga for Healing L1 Alana	9 am Barre Tone L2 Curt
10 am Yoga for Healing L1 Alana	10 am Qi Gong & Tai Chi L2 Vince	10 am Barre Bands & BOSU L2 Krissy	10 am Yoga & Meditation L1 Michele		10 am Total Body HIIT L3 Jay	10 am Body-Mind Flow Yoga L1 Michael M.
					11 am Yoga & Meditation L1 Michele	
5 pm Sculpt & Serenity L1 Krissy	5 pm Classic Vinyasa Yoga L2 Betsey	5 pm Spin & Sculpt L3 Krissy	5 pm Mind Body Happy Hour L1 Keri-Ann	5 pm Restorative Yoga L1 Alana		
6 pm HIIT Boxing 30min. L3 Krissy	6 pm Yoga for Deep Relaxation L1 Alana	6 pm HIIT Boxing 30min. L3 Krissy	6 pm Slow Burn Yoga L2 Betsey			
6:30 pm Abs & Glutes 30min. L1 Krissy		6:30 pm Abs & Glutes 30min. L1 Krissy				

Classes are leveled 1-3 to help you select the intensity that you desire.
Our instructors at Mirbeau welcome everyone and will offer modifications for each exercise.

L1 | MILD INTENSITY

L2 | MODERATE INTENSITY

L3 | VIGOROUS INTENSITY

All classes are 50 minutes unless noted as **30min.** | Classes are subject to change without notice

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Abs & Glutes L1

Focus on the muscles that support stability and strength. Sculpting these areas of the body through resistance training enhances performance of daily activities & adds that extra pep in your step.

Abs & Glutes 30min. L1

A 30 minute class. See Abs & Glutes class description.

Barre Bands & BOSU L2

A low-impact class that incorporates barre exercises, Barre Bands and BOSU ball trainers in a series of high-repetition, small range-of motion as well as cardio movements to achieve a full-body workout.

Barre Burn 30min. L2

A 30-minute low impact class featuring movements that tone all major muscle groups and increase flexibility using Barre Bands and barre movements to realize a strong core and a vibrant sense of well-being.

Barre Conditioning L2

Combine pilates yoga and dance techniques to strengthen the entire body. Bodyweight exercises and small apparatus are used to build strength, improve posture & alignment, and enhancement body awareness & coordination.

Barre Tone L2

A full-body sculpting class focused on building lean muscle and freeing up energy through an ebb and flow of strengthening exercises and low-impact cardio bursts using barre and elements of dance.

Body Sculpt L2

Tone and condition both heart and muscle. It is performed to music and focuses on aerobic conditioning and strength building using synchronized steps and kicks followed by resistance exercise with weights and bands.

Body-Mind Flow Yoga L1

An all-levels yoga class fueled by movement connecting the breath, body and mind. Includes a calming series of postures to increase flexibility, energy and stillness of mind with gentle breathwork and mindfulness meditation.

Classic Vinyasa Yoga L2

A flow class utilizing a mindfully sequenced series of standing poses. Students can expect to move in accordance with their breath and try standing and balancing poses with the occasional option inversion.

Fitness Studio Daybreaker L1

Get inspired and learn new strength and cardio exercises using a variety of equipment including dumbbells, kettlebells, medicine balls, resistance bands, cardio equipment and body weight exercises. Class located in Fitness Studio.

HIIT Boxing 30min. L3

This 30-minute class provides a fun way to relieve stress and get a great cardio and strengthening workout. Boxing combinations are taught and weaved into the workout, which alternates high-intensity with rest intervals.

Kundalini Core Yoga L1

A practice to strengthen the physical and energetic body through focused breathing and movement. Boost your energy, de-stress and become more aware of your passion and purpose.

Mind Body Happy Hour L1

A fun and relaxing yoga class open to all levels. It begins with breathing exercises followed by gentle stretching and movements to help release tension in the body. A deep relaxation at the end deepens the practice.

Pilates Mat L2

This class strengthens the core musculature, supports the spine, tones muscle and increases body awareness through low-impact exercises. Pilates will improve your strength, balance and coordination and it is a great compliment to any sport.

Qi Gong & Tai Chi L2

"Meditation in motion" featuring graceful, carefully structured, relaxed and flowing movements that combine strength with resilience and vigor with gentleness. Retrain posture, encourage circulation and maintain flexibility through the joints.

Restorative Yoga L1

Beginning with several modified sun salutations, participants can expect to spend the majority of this class in restorative postures that are passively held for several minutes utilizing props (bolsters, blankets, straps, blocks.)

Sculpt & Serenity L1

A low-impact class that embraces both mind and body wellness. It commences by integrating body weight exercises with small equipment and ends with stretching and a mini meditation to inspire strength and serenity.

Slow Burn Yoga L2

A heat-generating class moving slowly through a series of standing postures. The purposefully composed sequences are designed to build heat, target muscle strength and mindfully restore at the conclusion.

Spin L3

Start your morning off with a fun, high-intensity cycling workout fueled by great music that will help you shed fat, improve your heart health and boost your muscular endurance. All levels welcome, including those who have never cycled before.

Spin & Sculpt L3

Receive a full-body workout beginning with 30 minutes of indoor cycling with a motivating playlist then move to the floor for exercises focusing on building upper body and core strength.

Total Body HIIT L3

Engage in a variety of functional movements and strengthening exercises designed to deliver a full-body workout. Small equipment is incorporated into each class. Push your limits in a supportive and fun environment.

TRX Circuit L2

A total-body circuit class incorporating a variety of strengthening exercises including TRX resistance trainers and other equipment that caters to all fitness levels and abilities.

Yoga & Meditation L1

A restful and calming class designed for those who are new to yoga or looking for a nurturing and slow-paced practice. Focus is on proper alignment, meditation, breathing and longer-held gentle poses. Some props used.

Yoga for Deep Relaxation L1

This slower-paced, gentle class allows the nervous system to rest and recalibrate through longer posture holds, mindful movement and paying attention to the breath. Class concludes with Yoga Nidra. Leave feeling calm, refreshed and re-energized.

Yoga for Healing L1

This class highlights the therapeutic benefits of yoga combining ancient teachings with Asana (postures), Pranayam (breathwork) and meditation. The goal is to gain a sense of mental clarity, emotional balance and physical well-being. All levels welcome.

Yoga for Youthfulness L1

Experience the ancient Tibetan and Kundalini practices of yoga, breathing and mindfulness that are known as the "fountain of youth." Postures conducive to health and harmony are modified to all levels.



Please wear comfortable, appropriate clothing for each class. Classes meet outside our Motion Studio and begin promptly on time. Access to our daily fitness schedule is complimentary to our Wellness Members, Overnight, and Spa Guests. Guest Spa Day Passes are available for purchase for use of spa and wellness facility. Workshops and Special Events may be subject to additional fees.

Spa & Wellness Hours of Operation | 6 am - 9 pm daily

Private & Semi-Private Fitness Training,
Custom Wellness Classes, and Workshops are available!
[For more information, please call 1-877-MIRBEAU](#)

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