



# March + April Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>6:30 am</b> TRX & Stretch L2 Michael C.		<b>6:30 am</b> TRX & Stretch L2 Michael C.			
<b>8 am</b> Yoga & Sound Healing L1 Nidhi 80min.		<b>8 am</b> Firm & Affirm Yoga L1 Nidhi 80min.		<b>7 am</b> Barre Conditioning L2 Sue  <b>8 am</b> Pilates Mat L2 Sue		<b>8 am</b> Qi Gong & Tai Chi L1 Curt
	<b>8:30 am</b> Stress Relief Boxing L2 Krissy		<b>8:30 am</b> Stress Relief Boxing L2 Krissy			
<b>9:30 am</b> HILIT L2 Krissy	<b>9:30 am</b> Qi Gong & Tai Chi L1 Vince	<b>9:30 am</b> HILIT L2 Krissy	<b>9:30 am</b> Abs & Glutes L1 Krissy	<b>9 am</b> Qi Gong & Tai Chi L1 Curt	<b>9 am</b> Yoga for Healing L1 Patrick	<b>9 am</b> Barre Tone L2 Curt
<b>10:30 am</b> Yoga for Healing L1 Patrick	<b>10:30 am</b> Total Body Conditioning L2 Tyler	<b>10:30 am</b> Stress Relief Boxing L2 Krissy	<b>10:30 am</b> Slow Burn Yoga L2 Michele	<b>10 am</b> Strength & Deep Stretch L2 Jay	<b>10 am</b> Total Body Conditioning L2 Jay/Tyler	<b>10 am</b> Body-Mind Flow Yoga L1 Michael M.
<b>11:30 am</b> Express Spin L2 Krissy 30min.		<b>11:30 am</b> Express Resistance Training L1 Krissy 30min.		<b>11 am</b> Dance Empowerment L1 Jihan	<b>11 am</b> Yoga Therapy L1 Michele	
<b>4:30 pm</b> Dance Sculpt L2 Curt		<b>4:30 pm</b> Barré Tone L2 Curt			<b>4 pm</b> Flow & Restore Yoga L1 Mia	
	<b>5 pm</b> Slow Burn Yoga L2 Betsey		<b>5 pm</b> Yoga Happy Hour L1 Keri-Ann	<b>5 pm</b> Candlelight Yoga L1 Nidhi		
<b>5:30 pm</b> Classic Vinyasa Yoga L2 Betsey		<b>5:30 pm</b> Stress Relief Boxing L2 Anna				
	<b>6 pm</b> Yoga for Deep Relaxation L1 Betsey		<b>6 pm</b> Candlelight Spin & Stretch L2 Jordan			
<b>6:30 pm</b> Soothing Stretch & Recover L2 Betsey 30min.		<b>6:30 pm</b> Cardio Boxing L2 Anna 30min.				

Classes are leveled 1-2 to help you select the intensity that you desire.  
 Our instructors at Mirbeau welcome everyone and will offer modifications for each exercise.

All classes are 50 minutes unless noted as **30min.** or **80min.**  
 Classes are subject to change without notice.

L1 | MILD INTENSITY

L2 | MODERATE INTENSITY

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 46 WEST MARKET STREET, RHINEBECK, NY

## 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.

## 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-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.

## Candlelight Spin & Stretch L2

This fun, low-impact class fueled by great music is split half cycling and half guided stretching, both in an ambient candlelight setting. Even if you've never cycled before, this class is a great way to improve heart health and also get a feel-good recovery.

## Candlelight Yoga L1

Relax in a soft, calming candlelit setting while slowly moving through restorative poses that encourage the body to open and release muscular and emotional tightness. Unwind from a busy week and gain a deep sense of relaxation.

## Cardio Boxing L2 30min.

A 30-minute workout that provides a great cardio workout using gloves and mitts. Even if you're pressed for time, you can still feel destressed and invigorated.

## 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.

## Dance Empowerment L1

This class features easy-to-follow dance moves while moving to music. Have a great time as you burn calories, tone, stretch and empower the mind, body and soul.

## Dance Sculpt L2

A class that alternates dance-based movement with short strengthening intervals to improve strength, flexibility, mobility and explore ways to move the body.

## Express Resistance Training L1 30min.

Tone, boost post-exercise calorie burn and receive a plethora of health benefits even if you're short on time. This 30-minute class is open to all levels.

## Express Spin L2 30min.

This quick 30-minute class features a low-impact workout to improve cardio health and burn calories as great music boosts mood and motivation.

## Firm & Affirm Yoga L1 80min.

A Kundalini-style 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. Final half hour is restorative poses with guided meditation and crystal sound healing.

## Flow & Restore Yoga L1

A gentle yoga class that moves slowly through different postures with breathing techniques that help to recover from stress, regain flexibility and rejuvenate the mind and body.

## HILIT L2

"High Intensity Low Impact" workouts incorporate strength and cardio intervals using TRX, barre, bands and more to feel stronger and add variety during each class, so you'll want to keep coming back.

## 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.

## 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.

## Soothing Stretch & Recover 30 min L1

Unwind from the day with a short series of stretches and recovery exercises that will leave you feeling refreshed and ready to take on the week ahead even if you are short on time.

## Spin L3

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.

## Strength & Deep Stretch L2

Those who are craving some variety in their workouts will love this class featuring resistance training, cardio intervals and stretching. Get a cardio and strengthening workout along with proper post-workout recovery time.

## Stress Relief Boxing L2

A class to channel everyday stresses. Simple boxing combinations using gloves and mitts are taught, with an emphasis on safety, and weaved in with strengthening intervals appropriate for every fitness level.

## Total Body Conditioning L2

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.

## TRX & Stretch 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 followed by great stretching.

## 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 & Sound Healing L1 80min.

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. Final half hour is deep stretching and sound healing.

## 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 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.

## Yoga Therapy L1

This class uses yoga techniques including postures, breathwork and meditation with a focus on improving balance, alleviating joint stiffness and increasing flexibility in order to build a strong foundation from which the whole body benefits.



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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