



Fitness Class Schedule

ALL CLASSES WILL BE HELD OUTDOORS
Reservations required.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30am Pilates Mat Sue	6:30 am Total Body Conditioning Michael		6:30 am Total Body Conditioning Michael	7:30 am Pilates Mat Sue		
9:00am Dance Empowerment Jihan	9:00 am Boxing & Foam Rolling Krissy	8:00 am Breathwalk - 80 mins Nidhi	9:00 am Align & Thrive Yoga Patrick	9:00am Fit Tribe Jason	8:00 am Qi Gong & Tai Chi Curt	
10:30 am Yoga & Sound Healing Nidhi	10:30 am Tone & Tighten Krissy	10:00 am Align & Thrive Yoga Patrick	10:30 am Tone & Tighten Krissy	10:30 am Yoga & Sound Healing Nidhi	9:30 am Primal Fit Curt	9:00 am Total Body Conditioning Michael C.
	4:30pm Sculpt & Stretch Curt		4:30pm Sculpt & Stretch Anna		11:00 am Full Body Stretch & Recovery Curt	10:30am Body-Mind Flow Yoga Michael M.
5:30 pm Classic Vinyasa Yoga Betsey	6:00 pm Slow Burn Yoga Betsey	5:30 pm Boxing & Foam Rolling Anna	6:00 pm Yoga for Deep Relaxation Betsey	5:00pm Yoga Nidra Nidhi		

To Book Your Class:
visit rhinebeck.mirbeau.com/fitness-schedule
OR
Open phone camera and scan QR code



To view Mirbeau Virtual Wellness
Classes & offerings visit
mirbeau.com/virtual-wellness

Align & Thrive

A class that sets up conditions for greater self-knowledge by taking time to travel through and realign the whole body utilizing key aspects of traditional Hatha Yoga. The goal is to feel more expansive and raise the feeling of personal and communal well-being.

Body-Mind Flow Yoga

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.

Boxing & Foam Rolling

A class to channel everyday stresses. Simple boxing combinations are taught with an emphasis on safety and weaved in with strengthening intervals appropriate for every fitness level. Recovery and foam rolling to balance out the workout.

Breathwalk - 80 Mins

Participants will be led in a slow walk while experiencing the calming effects of learning to synchronize breath with walking. Originating from Kundalini Yoga, this practice will leave participants feel refreshed and re-energized.

Classic Vinyasa Yoga

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 optional inversion.

Dance Empowerment

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.

Fit Tribe

In this class, participants will be led in various strengthening exercises with an aerobic component followed by a deep stretch. Great music and motivation will leave you feeling strong & fit.

Full Body Stretch & Recovery

Enhance your body's natural movement, reduce muscular tension strengthen joints, improve posture and improve athletic performance. This class will include a slow warmup focused on mobility and breathing followed by a full-body stretch, balancing muscles on both sides of the body, as well as foam rolling techniques that may be adapted for each individual.

Pilates Mat

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.

Primal Fit

A fun workout that takes participants on a journey starting with a slow warm-up, progressing to dynamic movement patterns incorporating bodyweight and small equipment at times and ending with a total body feel-good stretch. All fitness levels will find enjoyment in this class.

Qi Gong & 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. The class incorporates gentle movement, breath practice, self-applied massage, meditation and visualization. Boost the immune system, retrain posture, encourage circulation and maintain flexibility through the joints.

Sculpt & Stretch

Part bodyweight 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 Burn Yoga

A heat-generating class moving slowly through a series of standing postures. The purposefully composed sequences are designed to target core and low body muscle strength with a mindful restoration at the conclusion.

Tone & Tighten

A class that focuses on strengthening the core, glutes and arms using a variety of exercises and equipment. Whether you've been working out for years or are new to exercise, the goal of this class is to help you to feel stronger, healthier and more confident.

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.

Yoga & Sound Healing

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. Class ends with deep stretching and sound healing.

Yoga for Deep Relaxation

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 Nidra

This yoga practice, also known as "yogic sleep" has been found to reduce tension and anxiety. Participants are led through a deeply relaxing process to relieve stress, increase resilience and bring a deep calm to the mind and body.



Please wear comfortable, appropriate clothing for each class. Classes meet near our Motion Studio five minutes before class and will walk to gazebo together. All classes are 50 minutes unless noted. Classes are subject to change without notice. Access to our daily fitness schedule is complementary 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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