



# Fitness Class Schedule

ALL CLASSES WILL BE HELD OUTDOORS  
WEATHER PERMITTING OR INDOORS  
RESERVATIONS REQUIRED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>7:30am</b> Pilates Mat Sue</p>	<p><b>6:30 am</b> Total Body Conditioning Michael</p>	<p><b>8:00 am</b> Breathwalk - 80 mins Nidhi</p>	<p><b>6:30 am</b> Total Body Conditioning Michael</p>	<p><b>7:30 am</b> Pilates Mat Sue</p>	<p><b>8:00 am</b> Qi Gong &amp; Tai Chi Curt</p>	
<p><b>9:00am</b> Abs &amp; Stretch -30 mins Jihan</p>	<p><b>9:00 am</b> Align and Thrive Yoga Patrick</p>		<p><b>9:00 am</b> Align &amp; Thrive Yoga Patrick</p>	<p><b>9:00am</b> Abs &amp; Stretch -30 mins Jihan</p>	<p><b>9:30 am</b> Primal Fit Curt</p>	<p><b>9:00 am</b> Total Body Conditioning Michael C.</p>
<p><b>10:00am</b> Dance Empowerment Jihan</p>		<p><b>10:00 am</b> Stretch &amp; Restore (30 mins) Jihan</p>		<p><b>10:00 am</b> Fit Tribe Jason</p>		
	<p><b>10:30 am</b> Tone &amp; Tighten Krissy</p>		<p><b>10:30 am</b> Tone &amp; Tighten Krissy</p>		<p><b>11:00 am</b> Full Body Stretch &amp; Recovery Curt</p>	<p><b>10:30am</b> Body-Mind Flow Yoga Michael M.</p>
<p><b>11:30 am</b> Yoga &amp; Sound Healing Nidhi</p>		<p><b>11:00 am</b> Dance Sculpt &amp; Stretch Jihan</p>		<p><b>11:30 am</b> Yoga &amp; Sound Healing Nidhi</p>		
	<p><b>4:30pm</b> Sculpt &amp; Stretch Curt</p>		<p><b>4:30pm</b> Sculpt &amp; Stretch Anna</p>	<p><b>5:00pm</b> Yoga Nidra Nidhi</p>		
		<p><b>5:30 pm</b> Tone &amp; Tighten Anna</p>				
<p><b>6:00 pm</b> Classic Vinyasa Yoga Betsey</p>	<p><b>6:00 pm</b> Yin Yoga &amp; Qi Gong Curt</p>		<p><b>6:00 pm</b> Yoga for Deep Relaxation Betsey</p>			

Instructions  
to book your class:  
Open phone camera  
Scan QR code



To view Mirbeau Virtual Wellness  
Classes & offerings visit  
[mirbeau.com/virtual-wellness](http://mirbeau.com/virtual-wellness)

## Abs & Stretch – 30 min

Focus on the muscles that support strength and stability in this 30-minute class that also features gentle restorative stretching.

## Align & Thrive Yoga

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.

## 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. Participants 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.

## Dance Sculpt & Stretch

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

## 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.

## 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.

**Stretch & Restore – 30 min:** A 30-minute class for stretching the entire body including legs, hips, shoulders and back. The goal is to safely and methodically increase range of motion and decrease tension.

## 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.

## Yin Yoga & Qi Gong

The Yin aspect of yoga uses longer-held postures that stretch connective tissue. Qi Gong incorporates breathing and meditation with movement. Together, these practices help regulate the flow of energy in the entire body.

## 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 outside 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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