



November Fitness Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>7:30am PILATES MAT Sue</p>	<p>6:30 am TOTAL BODY CONDITIONING Michael C.</p>		<p>6:30 am TOTAL BODY CONDITIONING Michael C.</p>	<p>7:30am PILATES MAT Sue</p>		
<p>9:00am CORE & MORE 30 mins Jihan</p>	<p>8:30am CHAIR YOGA 30 mins Patrick</p>	<p>8:30 am YOGA & MINDFULNESS 80 mins Nidhi</p>	<p>8:30am CHAIR YOGA 30 mins Patrick</p>	<p>9:00am QI GONG & TAI CHI Curt</p>	<p>8:00 am QI GONG & TAI CHI Curt</p>	<p>9:00am TOTAL BODY CONDITIONING Michael C.</p>
<p>10:00am DANCE EMPOWERMENT Jihan</p>	<p>9:30 am ALIGN & THRIVE YOGA Patrick</p>		<p>9:30 am ALIGN & THRIVE YOGA Patrick</p>		<p>9:30 am PRIMAL FIT Curt</p>	
		<p>10:30 am STRETCH & RESTORE 30 mins Jihan</p>		<p>10:30 am CORE & MORE 30 mins Jason</p>		<p>10:30am BODY MIND FLOW YOGA Michael M.</p>
<p>11:30 am VINYASA FLOW YOGA Lauren</p>	<p>11:00 am TONE & TIGHTEN Jihan</p>	<p>11:30 am DANCE SCULPT & STRETCH Jihan</p>	<p>11:00 am TONE & TIGHTEN Jihan</p>	<p>11:30 am SOMATIC YOGA & SOUND HEALING Lauren</p>	<p>11:00 am FULL BODY STRETCH & RECOVERY Curt</p>	
	<p>5:00pm SCULPT & STRETCH Curt</p>		<p>5:00pm SCULPT & STRETCH Anna</p>			
<p>6:15 pm RESET & RESTORE YOGA Kristin</p>	<p>6:15 pm SLOW FLOW YOGA Curt</p>	<p>5:30 pm TONE & TIGHTEN Anna</p>	<p>6:15 pm SLOW FLOW YOGA Curt</p>	<p>5:30pm CANDLELIGHT YOGA Nidhi</p>		

Scan QR code to view
monthly workshops
& classes!



Reservations required
Call 877-MIRBEAU or visit
the spa desk

To view Mirbeau Balanced virtual
classes & offerings visit
mirbeau.com/virtual-wellness

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.

Candlelight Yoga

Relax in a soft, calming candlelight setting while slowing 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.

Chair Yoga - 30 mins

This gentle form of yoga features seated poses on the chair and standing poses using the chair for balance and support. In addition to increasing range of motion, it also enhances circulation and a happy mental state. Perfect for beginners or those seeking to relieve stresses associated with sitting for extended periods of time.

Core & More - 30 mins

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

Dance Empowerment

This dance class features easy-to-follow moves timed to the best popular 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.

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

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.

Reset & Restore Yoga

Sink beneath mental noise to consciously connect with your body's inner guidance system for a renewed sense of peace, balance and ease. This integrative proactive combines Yin and restorative yoga, gentle movement and guided meditation. Appropriate for all levels & backgrounds.

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 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.

Somatic Yoga Flow & Sound Healing

Relax, unwind and feel food in mind, body and spirit. This class incorporates yoga-inspired stretches that focus on fluid, rolling, circular motions. A beautiful sound healing concludes the practice. Explore new patterns, slow down and reconnect with the body. All abilities welcome.

Stretch & Restore - 30 mins

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.

Vinyasa Flow 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. Options will be offered for different levels and abilities

Yoga & Mindfulness – 80 mins

Experience yogic methods of Breathwalk, postures and guided breath and meditation to charge your mind and body midweek.



Please wear comfortable appropriate clothing for reach class. 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

1.877.MIRBEAU • MIRBEAU.COM
46 WEST MARKET STREET, RHINEBECK, NY