



January Fitness Schedule

46 West Market Street
Rhinebeck, NY 12572

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

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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.

Breathe & Flow Yoga

This class will flow slowly through postures that coordinate with breath to expand our awareness, release tension, and develop stability and centeredness in the body. The goal is to settle the mind and body so that we may face challenges calmly and confidently as we tune in to the inner strength that lives within each of us.

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.

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.

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!
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