



MAY FITNESS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
7:30AM STRENGTHEN & LENGTHEN SUE		8:30AM YOGA & BREATHWALK (80) - NIDHI		7:30AM STRENGTHEN & LENGTHEN SUE	8:30AM QIGONG & TAI CHI - CURT	8:30AM GENTLE YOGA SALLY
10:00AM ABS & GLUTES (30) - JASON	9:30AM BREATHE & FLOW YOGA KRISTIN		9:30AM BREATHE & FLOW YOGA KRISTIN	9:00AM QIGONG & TAI CHI - CURT	9:30AM PRIMAL FIT CURT	9:30AM TOTAL BODY CONDITIONING (30) - SALLY
10:45AM STRETCH & RESTORE (30) JASON	10:45AM PILATES FUSION - SALLY		10:45AM PILATES FUSION - SALLY	10:00AM SWEAT & RESTORE CURT	11:00AM VINYASA FLOW YOGA - CURT	10:30AM BODY MIND FLOW YOGA MICHAEL
11:30AM VINYASA FLOW YOGA LAUREN	12:00PM POWER HALF HOUR (30) SALLY	11:30AM SWEAT & RESTORE SALLY	12:00PM POWER HALF HOUR (30) SALLY	11:30AM SOMATIC YOGA & SOUND HEALING LAUREN		
	5:00PM SCULPT & STRETCH CURT	5:30PM SPRING BOOT CAMP ANNA	5:00PM SCULPT & STRETCH ANNA	5:30PM CANDLELIGHT YOGA - NIDHI		
6:15PM RESET & RESTORE YOGA - KRISTIN	6:15PM SLOW FLOW YOGA - CURT		6:15PM SLOW FLOW YOGA - CURT			

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RESERVATIONS REQUIRED. CALL 877-MIRBEAU OR VISIT SPA DESK

46 WEST MARKET STREET
 RHINEBECK, NY 12572

Abs & Glutes - 30 mins: Focus on the muscles that support stability and strength in this 30-minute class. Sculpting these areas of the body through resistance training enhances performance of daily activities & adds that extra pep in your step.

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 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.

Gentle Yoga: A slow-moving class targeting all areas of the body to create flexibility, strength and balance all from kneeling, seated and reclined positions. There are a few standing postures. Perfect for those who prefer a more mindful practice.

Pilates Fusion: A slow-moving class targeting all areas of the body to create flexibility, strength and balance all from kneeling, seated and reclined positions. There are a few standing postures. Perfect for those who prefer a more mindful practice.

Power Half Hour - 30 mins: This fun total body workout will get your heart pumping and your muscles working in just 30 minutes. Modifications offered for all fitness levels. Energize your body and spirit!

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

Qigong & 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.

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 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 good 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.

Spring Boot Camp: Time to build strength, willpower and confidence. Rev up your metabolism with a combination of resistance training incorporating lower and upper body movements with cardio intervals and a ton of fun!

Strengthen & Lengthen: This class incorporates elements of Pilates and Barre and is infused with stretching to improve overall functional fitness. The focus will be on form, alignment and core strengthening with modifications for different levels.

Stretch & Restore - 30 mins: This soothing class combines stretching with self-myofascial release techniques to align the body, destress and take time for recovery.

Sweat & Restore: This soothing class combines stretching with self-myofascial release techniques to align the body, destress and take time for recovery.

Total Body Conditioning - 30 mins: This 30-minute 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 & Breathwalk - 80 mins: Recharge your mind and body midweek through yogic methods of postures, guided breath and meditation drawing on the practice of Kundalini Yoga. Experience the calming effects of learning to synchronize breath with walking in nature.



Classes meet near our Motion Studio five minutes before start time and will occur outdoors weather permitting. Please wear comfortable clothing for each class. All classes are 50 minutes unless noted. Classes are subject to change without notice. Access to our daily fitness schedule is complimentary to our Wellness Members, Overnight and Spa Guests. Guest Spa Day Passes are available to purchase for use of spa and wellness facility. Workshops and Special Events may be subject to additional fees.

Spa & Wellness Hours of Operation:
6am - 9pm 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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