

January Fitness Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM Strong & Calm Nicki	6AM Total Body Conditioning Stephanie	6AM TRX & Bosu Stephanie	6AM Tabata Rosemary	6AM Sunrise Yoga Rosemary		
7AM Dance Cardio & Stretch Meredith	7AM Strong & Calm Meredith	7AM Cardio & Core Meredith	7AM WoMen & Weights Meredith	7AM Strong & Calm Rosemary		
8AM Total Body Conditioning Nicole	8AM TRX & Pilates Chris	8AM Tabata Nicole	8AM Pilates Chris	8AM Contemporary Movement Strength & Balance Hannah	8AM Tabata Amy	8AM Contemporary Movement Strength & Balance Hannah
9AM Pilates Debbie	9AM WoMen & Weights Meredith	9AM Vinyasa Flow Marietta	9AM TRX & BOSU Chris	9AM Pilates Debbie	9AM Vinyasa Flow Vanessa	9AM Mirbeau Signature Circuit (Members Only) Debbie
10AM Classically Balanced Debbie	10AM Barre Sculpt Eliza	10AM Classically Balanced Debbie	10AM Power Yoga Deb	10AM Mirbeau Signature Circuit (Members Only) Debbie	10AM Yin Yoga Vanessa	10AM Barre Sculpt Eliza
11AM Mobility Eric	11AM Pause & Flow Eric	11AM Inspire & Reflect Jolene	11AM Chair Yoga Deb	11AM Mobility Eric	11AM Vitality Flow Yoga Vanessa	11AM Gentle Flow Sandy
12PM Mirbeau Signature Circuit (Members Only) Debbie		12PM Mirbeau Signature Circuit (Members Only) Debbie		12PM Heated Yoga Debbie		12PM Restorative Yoga Sandy
4PM Beginner Ballet Ashley	4PM Mirbeau Signature Circuit (Members Only) Debbie		4PM Pilates Debbie	4PM Power Yoga Liz		
5PM Gentle Flow Sandy	5PM Tabata Rosemary	5PM Strong & Calm Rosemary	5PM Power Yoga Liz	5PM Restorative Yoga Sandy		
6PM Yin Yoga Sandy	6PM Restorative Yoga** Sandy	6PM Relax, Realign & Recommit** Sarah	6PM Free Your Fascia Mary			

Class Descriptions

BARRE SCULPT

Sculpt your whole body through a pilates, ballet and strength inspired workout. Join us in fine-tuning your muscles, through time under tension, high reps and upbeat music.

CHAIR YOGA

Chair yoga makes yoga accessible to everyone. Any asana (pose) can be adapted to the chair and a deeper stretch is experienced. Sequencing is the same as a traditional mat class; beginning with centering, seated poses, standing poses, balance, inversions, and finally -savasana! Chair yoga is a perfect class for the "I'm not flexible enough to do yoga" person, or someone recovering from injury or anyone of any age!

CLASSICALLY BALANCED

This class will intertwine Classical Pilates, Strength Training & Balance Exercises. The benefits of this class are a strong core, conditioned muscles, balance and postural alignment.

CONTEMPORARY STRENGTH & BALANCE

A collaboration of Pilates, Yoga and Barre. This beat driven class is fueled by music to keep you energized and moving! We systematically work our way through the body from head to toe. Movements are inspired by classical Mat Pilates exercises, barre and yoga poses. This is an all-levels class with optional props and modifications available. The intention behind this fun and energizing class is to connect to our body, build strength and enjoy all the activities that life has to offer with more mobility and ease.

CORE & CARDIO

Kick off the mid-week morning getting the body fired up with a cardio burst, followed with some core work and cool down.

DANCE CARDIO & STRETCH

All levels class! Functional and repetitive dance moves followed with guided breath and stretch.

FREE YOUR FASCIA

Feel re-energized and experience a full body awakening by clearing the dense connective tissue called fascia through dynamic stretching exercises. Experience increased muscle performance, vitality, and function, all while decreasing risk of injury. Utilization of breathwork will enhance your practice.

GENTLE FLOW

Inclusive class welcome to everyone at any level. Easy poses will be guided to help ensure safety. Mindful movements will offer the students an opportunity to escape from busy minds. An opportunity to meditate by connecting to your breath will be offered.

INSPIRE & REFLECT

Our Mirbeau signature class incorporates gentle yoga, stretching, and breath work with essential oils and meditation. Together we will make space in the body, mind and breath. Leaving you relaxed & INSPIRED!

MIRBEAU SIGNATURE CIRCUIT

Our signature circuit class allows you to sample it ALL! You will rotate through stations with exercises using the Pilates Reformer, TRX, BARRE, BOSU, weights, bands and balls!

MOBILITY

Strength, mobility & balance are keys to living the quality of life you desire, managing the aches & pains you don't. Learn how stimulate your bones, muscles & nerves while increasing your joint mobility & treating yourself to better health.

PAUSE & FLOW

Pause and flow is a blend of functional movement training designed to open the spine, hips and shoulders, releasing collateral tensions throughout the body. By design, this class will assimilate with a restorative & yin style yoga class with an emphasis on rotational stretching.

PILATES

Pilates is a challenging series of exercises designed to strengthen and tone your core. Learn the correct technique & flow. Resulting in increased strength, flexibility & balance.

POWER YOGA

Power flow is a hybrid of power yoga with a touch of astanga and a pinch of vinyasa. My philosophy is that it is your practice and you can meet me in down dog or hang in child's pose and enjoy the music as you breathe and quiet the mind. Class will include centering/meditation, seated poses, standing poses, balance, inversions and savasana.

RELAX, REALIGN & RECOMMIT**

A gentle mid-week check in designed to support realigning with your personal goals, recommitting to yourself, and finishing the week strong. The 80 minutes will include centering, breath work, gentle flow, long-held postures, generous use of props with a focus on comfort and deep release for mind and body, followed by a long, restorative rest.

RESTORATIVE YOGA

Breathe, meditate and practice yoga. Together we utilize the alignment of our collective energy to bring healing to ourselves and the planet. This is for everyone, no experience needed.

STRONG & CALM

Here is a class that you will want to be a part of! A variety of upper body and lower body low impact strengthening exercises seamlessly transition into relaxing stretches and a guided visualization.

SUNRISE YOGA

Grab your morning zen & meet the day refreshed! The class guides you through a series of warming stretched, suns salutations & flowing postures.

TABATA

Challenge yourself with 8 sequences of quick maximum intensity interval trainman cycles. You'll burn calories, increase aerobic capacity, and get more out of your exercise time.

TRX/BOSU

This class uses the TRX Suspension Straps and BOSU balance trainer to provide you with a total body workout from head to toe.

TRX/PILATES

This class uses the TRX Suspension Straps and Pilates technique to provide you with a total body workout from head to toe.

TOTAL BODY CONDITIONING

A high energy class that combines cardio, strength, and core training designed to build muscle, sculpt the midsection, and improve overall cardio fitness.

VINYASA FLOW

Experience the healing aspects of yoga while flowing from one posture to the next coordinating movement. Mindful, soothing and spirit-lifting sequences will help strengthen, stretch, tone and relax your entire body. Appropriate for all levels.

WOMEN & WEIGHTS

Strength training for Women and Men using free weights working multiple muscle groups to increase muscle strength and improve balance and range of motion.

YIN YOGA

Enjoy a quiet practice with a focus on the amazing healing qualities of meditation. There is much research to suggest meditation slows down aging, calms inflammation, soothes our nervous system and trains our mind to be more present and clearer. Adding gentle Yin poses adds even more benefit as it restores the meridian energy, thus restoring our inherent vitality.

PLEASE NOTE:

Please wear comfortable appropriate clothing for each class. 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.



Mirbeau Balanced is a personal virtual wellness membership offering live-stream wellness classes, customized private coaching, and fun interactive workshops. Scan the QR code to explore our virtual events and to download our free App!