

April/May Fitness Schedule

EFFECTIVE THROUGH MAY 8TH



CLASSES SUBJECT TO CHANGE WITHOUT NOTICE, SEE MIRBEAU BALANCED FOR UPDATES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|---|---|---|
| 8AM Lauren P. Functional Fitness (M) | 8AM Sharon TRX (M) | 8AM Lauren A. Total Body Conditioning (M) | 8AM Sandra Fit-Mix (M) | 8AM Sharon Total Body Conditioning (M) | 8AM Sandra Fit-Mix (M) | |
| | 8AM Grace Slow Flow Yoga (Y) | | 8AM Grace Restorative Yin Yoga (Y) | | | |
| 9AM Lauren P Dance Fit (M) | 9AM Sandra Fit-Mix (M) | 9AM Sandra Fit-Circuit (M) | 9AM Sandra Cardio Fit (M) | 9AM Christina Bands & More (M) | 9AM Sandra Core & More (M) | 9AM Tina Strength, Balance & Core (M) |
| 9AM Paul Contemplative Flow (Y) | 9AM Andrea Inspire & Reflect (Y) | 9AM Amy Stretch & Breathe (Y) | 9AM Susan Vinyasa Flow (Y) | 9AM Paul Contemplative Flow (Y) | | |
| 10AM Christina Strength, Balance, & Core (M) | 10AM Sandra Core & More (M) | 10AM Caroline Yoga Fusion (M) | 10AM Fang Tai Chi (M) | 10AM Christina Strength, Balance, & Core (M) | | |
| 10AM Andrea Gentle Mindful Movement (Y) | 10AM Andrea Vinyasa Flow (Y) | 10AM Amy Progressive Yoga (Y) | 10AM Andrea Slow Flow Yoga (Y) | 10AM Paul Power of Meditation (Y) | 10AM Lauren P Stretch & Breathe (Y) | 10AM Tina Vinyasa Flow (Y) |
| 11AM Melissa Yogalates (Y) | | 11AM Caroline Restorative Yoga & Chakra Meditation (Y) | | | | 11AM Melissa Gentle Mindful Movement (Y) |
| | 4PM Lisa Strength, Balance & Core (M) | 4PM Tina Total Body Conditioning (M) | | | | |
| 5PM Caroline Total Body Conditioning (M) | 5PM Natalie Qi Gong (Y) | 5PM Tina Vinyasa Flow (Y) | 5PM Bailey Yoga Sculpt (M) | | | |
| 6PM Susan Vinyasa Flow (Y) | | 6PM Lauren P. Dance Fit (M) | 6PM Bailey Rest & Restore Yoga (Y) | | | |

DAILY GUIDED MEDITATION

12PM - 3PM in the Yoga Studio

Enjoy a guided meditation in our yoga studio. The room will be set with bolsters and props for your relaxation. Guided meditation will loop at 30-minute intervals.

*Classes will also be live streamed through Zoom on Mirbeau Balanced | All classes are 50-minutes | "Y": Yoga Studio "M": Motion Studio

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Class Descriptions

Please note: classes are subject to change without notice. Wear comfortable appropriate clothing for each class. Access to our daily fitness schedule is complimentary to our Wellness Members, Overnight, and Spa Guests.

BANDS & MORE

Our band class uses resistance bands for a total-body workout to gain strength, improve flexibility with low impact training that reduces stress on your joints. Resistance band workouts make your muscles stronger in multiple planes of motion & build muscular endurance by spending time under tension.

CARDIO FIT

This total body non-stop workout features twenty (20) minutes of cardio (cycling/step/boxing), twenty (20) minutes of strength training and ten (10) minutes of core focused exercises.

CONTEMPLATIVE FLOW

An innovative Yoga, Tai-Chi and Chi Kung workout incorporating both dynamic and static postures to build flexibility and strength.

CORE & MORE

This class focuses on strengthening your core (the deep muscles of the body that help support your pelvis, spine, glutes, back, hips and stomach). Class may use body weight, bars, exercise balls, and Pilates rings.

DANCE FIT

Take a trip around the world through music in this dance-based exercise class. Designed to improve cardiovascular fitness and burn calories, all while having fun!

FIT-CIRCUIT

A high energy, full body workout that utilizes stations and intervals. Expect to be challenged and rev up your metabolism.

FIT-MIX

A little bit goes a long way. Mix it up with cardio, strength, stretch, and more! Leave feeling energized and balanced.

FUNCTIONAL FITNESS

A practice focusing on functional movement and body mechanics. Work toward improved posture, alignment, strength, stability & balance, all while helping to alleviate discomfort and pain.

FUNCTIONAL YOGA

A practice focusing on functional movement and body mechanics. Work toward improved posture, alignment, strength, stability & balance, all while helping to alleviate discomfort and pain.

GENTLE MINDFUL MOVEMENT

This beginner friendly class moves through a series of gentle poses focusing on improving strength, balance, flexibility, and mobility. Meditative breath work and guided imagery will be used to release tension and facilitate a sense of calm and improve focus.

INDOOR CYCLING

A high-energy stationary bike workout that will enhance cardiovascular endurance and improve muscular strength. All fitness levels are welcome; space is limited.

INSPIRE & REFLECT

Our Mirbeau Signature class incorporating a unique blend of gentle yoga, fascial release, restorative (relaxing) and yin (deep stretching) poses with guided meditation, utilizing our Mirbeau essential oils.

POWER OF MEDITATION

This class will explore the power of meditation in its many forms. From stillness to movement, silence to sound. Meditation helps to quiet the mind, allowing us to focus on the present moment and gain clarity of our thoughts, emotions, and intentions.

PROGRESSIVE YOGA

A progressive vinyasa flow designed to build focus, endurance, and flexibility. You will be guided through sequences at a steady pace that take your body through its entire range of motion and test your strength.

QI GONG

A moving meditation with conscious breathing using exercises to optimize energy in the body, mind, and spirit, with the goal of improving and maintaining health and well-being. It has both psychological and physical components and involves the resolution of the mind, breath, and body's movement and posture.

RESTORATIVE YOGA & CHAKRA MEDITATION

This floor based restorative yoga class uses bolsters, blankets, and props to encourage muscular relaxation while slowing down the mental activity of the brain with a guided chakra tuning meditation.

RESTORATIVE YIN YOGA

A slow moving class that creates flexibility at a deep level of musculoskeletal anatomy. Poses are held 3-5 minutes, with the option of support. Release stiffness and create suppleness in the connective tissue.

REST & RESTORE YOGA

This gentle, nurturing practice invites you to settle into 4 to 5 supported poses, each held for 5 to 10 minutes, allowing your body and mind to fully unwind. You will find comfort and ease in each posture, encouraging your connective tissues to soften and release. As calming music fills the air, your nervous system will be guided into a state of rest, helping to ease stress and tension. This is a class of inward exploration—an opportunity to journey into silence and reconnect with yourself. Let go, relax, and restore in a space where stillness becomes your sanctuary.

SLOW FLOW YOGA

In this slow flowing vinyasa-styled class you will move through a rhythmic combination of poses which are linked by various breathing techniques. You will pause in each asana and focus on alignment and proper form.

STRENGTH, BALANCE & CORE

A full body workout that will use hand weights (or not) to build strength, challenge all major muscle groups and promote increased balance.

STRETCH & BREATHE

Learn how to use active muscular stretching and breathing exercises to achieve and maintain relaxation and overall health.

TAI CHI

An ancient Chinese form of slow exercise; incorporates meditation with powerful deliberate movements. Promotes healing & injury prevention while improving range of motion & breathing.

TOTAL BODY CONDITIONING

Combines all aspects of fitness: strength, cardio, stretching and core balance to give you the best full body workout in less time. Tone and sculpt muscle, improve balance, and build cardiovascular endurance.

TRX

This class uses TRX suspension straps to provide you with a total body workout.

VINYASA FLOW YOGA

Experience the healing aspects of yoga while flowing from one pose to the next coordinating breath and movement. Mindful, soothing and spirit lifting sequences will help strengthen, stretch, tone and relax your entire body.

YOGA FUSION

Yoga Fusion is a hybrid form of fitness that combines traditional yoga with elements from either forms of exercise, such as Pilates, Barre, Strength training, cardio, and more. It offers a unique experience to help you reach your fitness goals.

YOGALATES

Ideal balance of mind, body, and breath. This all-levels class combines a mindful yoga practice with toning Pilates exercises to help improve posture, balance, and overall strength while promoting a deeper sense of wellbeing.

YOGA SCULPT

Warm up with yoga flow and transition into cross-training using weights, bands and cardio. Cool down with a gentle flow that includes stretching before reaching Savasana. Boosts metabolism and builds lean muscle.