

An investment in Life. Classically Balanced.



# Mirbeau<sup>®</sup>

## WELLNESS MEMBERSHIP

### Your Well-Deserved Investment...

- Unlimited professionally-led wellness classes
- Mirbeau Balanced virtual wellness program
- State-of-the-art fitness center with Peloton Bikes
- Access to Spa Mirbeau
- Receive 15% off all purchases at all Mirbeau locations (excluding alcohol & holiday events)
- Receive 15% off overnight rates at any of our Mirbeau Inn & Spa locations (restrictions may apply)
- Weekly Member Night with 25% off dining
- Preferred Reservations
- Up to 10 day visits at any of our Spa Mirbeau locations
- Annual members receive : \$100 wine card and 6 day passes per year for you to bring a guest

### ESTATE WELLNESS MEMBERSHIP

#### INDIVIDUAL

1 annual payment: \$1,955  
12 monthly payments: \$175

#### COUPLES

1 annual payment: \$3,410  
12 monthly payments: \$295

### MID-WEEK WELLNESS MEMBERSHIP

Monday - Friday

#### INDIVIDUAL

1 annual payment: \$1,435  
12 monthly payments: \$125

#### COUPLES

1 annual payment: \$2,355  
12 monthly payments: \$205

### MONTH-TO-MONTH

Limited Availability

#### INDIVIDUAL

\$210

#### COUPLES

\$370

All memberships except the month-to-month option are 12 month contracts.

Membership inquiries may be submitted to our Wellness & Membership Manager, [dbobbett@mirbeau.com](mailto:dbobbett@mirbeau.com).

# Health & Wellness

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## FUNCTIONAL MOVEMENT TRAINING

Meet with one of our certified Exercise Physiologist who will design a safe exercise program to meet your fitness goals.

Private Session - 50 minutes | \$75

Private Session - package of 10 | \$725

Semi-Private Session - 50 minutes | \$125 (2 participants)

## PILATES APPARATUS TRAINING

Dramatically transform the way your body looks, feels and performs with our new Pilates Apparatus. Pilates builds strength without excess bulk and creates a sleek, toned body with slender thighs and a flat abdomen. (*Yeah, we know – who doesn't want that?*)

Private Session - 50 minutes | \$75

Private Session - package of 10 | \$725

Semi-Private Session - 50 minutes | \$125 (2 participants)

## REIKI TREATMENT <sup>NEW!</sup>

The intention of Reiki Healing is to create deep relaxation, to help speed healing, reduce pain, and to create an overall sense of calm. This involves the placing of the hands just off the body or lightly touching the body, as in "laying on of hands."

45 minute | \$75

## NUTRITION CONSULTATION

Meet with our Nutrition Specialist to customize a nutrition program that meets your dietary needs.

50 minute | \$75 · 80 minutes | \$120

## PRIVATE & SEMI-PRIVATE WELLNESS CLASS

Let one of our certified wellness instructors take you through a customized private class tailored to your specific needs and goals: yoga, meditation, pilates, aerobics, core strength, and more (*up to 2 people, \$25 per each additional participant*).

50 minute | \$75 · 80 minutes | \$120

## MIRBEAU BALANCED VIRTUAL MEMBERSHIP

A personal virtual wellness membership delivered to you by the professional wellness teams of Mirbeau Inn & Spa featuring unlimited access to 40+ live-stream classes, 100+ classes on-demand, and customized private coaching. Visit [mirbeaubalanced.com](http://mirbeaubalanced.com) to learn more.

\$39/month

Wellness offerings are available to book for any spa guest.  
Members receive 15% off listed pricing.