

# November 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 Glutes, Core & Pelvic Floor Meredith	7AM WoMen & Weights Meredith	7AM Strong & Calm Rosemary		
8AM Total Body Conditioning Nicole	8AM TRX & Pilates Chris (Members Only)	8AM Tabata Nicole	8AM Pilates Chris	8AM Mind & Body Fusion Hannah	8AM Tabata Amy	8AM Mind & Body Fusion Hannah/Debbie
9AM Pilates Debbie	9AM WoMen & Weights Meredith	9AM Vinyasa Flow Marietta	9AM TRX & BOSU Chris (Members Only)	9AM Pilates Debbie	9AM Vinyasa Flow Vanessa	9AM Mirbeau Signature Circuit Debbie (Members Only)
10AM Classically Balanced Debbie	10AM Barre Sculpt Eliza	10AM Classically Balanced Debbie	10AM Power Yoga Deb	10AM Mirbeau Signature Circuit 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 Debbie (Members Only)	4PM Mirbeau Signature Circuit Debbie (Members Only)	12PM Mirbeau Signature Circuit Debbie (Members Only)	4PM Pilates Debbie	4PM Power Yoga Liz		12PM Restorative Yoga Sandy
5PM Gentle Flow Sandy	5PM Tabata Rosemary	5PM Mind & Body Fusion Debbie	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	<i>Classes are subject to change without notice</i> <i>Classes are 50 minutes unless noted: *30-minute class **80-minute class</i>		

# 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.

## DANCE CARDIO & CORE

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

## HOLD ON WEEKEND

Stay in weekend mode during this vinyasa class that invites you to create heat and space in your practice. Anchor yourself in breathing and meditative movements aimed at strengthening and grounding your practice!

## 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!

## INTUITIVE GROUNDING FLOW

This heated yoga class will bring you into the present moment as we take a break from the outside world by connect with our breath and body. Expect to feel lighter and in right alignment as you leave.

## 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.

## PILATES FOR POSTURE

With special attention to posture cues, this class is a great intro to Pilates. Pilates is a challenging series of exercises designed to strengthen and tone your core (abdominal muscles.) Learn the correct technique and flow, resulting in increased strength, flexibility and balance.

## POWER, PRECISION & PRANA YOGA

This class will build endurance, strength & flexibility with a strong focus on matching the breath to the movements. This class is for those who wish to deepen the connection between yoga postures & breath, and those who want to receive a more cardiovascular yoga workout. Plan to sweat & have fun while doing it!

## 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.

## SPORTS CONDITIONING

Whether you are taking golf or tennis up as an amateur or are on the cusp of becoming a pro, strength training, Pilates and yoga can help you take your game to the next level.

## 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, sun 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.

## 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.

### 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 AT HOME

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!