

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM Total Body Conditioning <a href="#">Robyn</a>			8AM Core & More <a href="#">Christine</a>			
9AM TRX, Bosu & More! <a href="#">Robyn</a>	9AM Yoga Sculpt <a href="#">Nina</a>	9AM Cardio Interval Training <a href="#">Robyn</a>	9AM Fit Mix <a href="#">Christine</a>	9AM Pilates <a href="#">Nina</a>		
10AM Restorative Yoga <a href="#">Katelyn</a>	10AM Hatha Yoga <a href="#">Genii</a>	10AM Strength Interval Training <a href="#">Robyn</a>	10AM Yoga Sculpt <a href="#">DeAndra</a>	10AM Inspire & Reflect Yoga <a href="#">Nina</a>	10AM Yoga Sculpt <a href="#">Katelyn/Nina</a>	10AM BarreFlow <a href="#">Denise</a>
11AM Inspire & Reflect Yoga <a href="#">Katelyn</a>	11AM Gentle Yoga <a href="#">Genii</a>	11AM Inspire & Reflect Yoga <a href="#">Kim</a>	11AM Gentle Yoga <a href="#">DeAndra</a>		11AM Inspire & Reflect Yoga <a href="#">Katelyn/Nina</a>	11AM Inspire & Reflect Yoga <a href="#">Katelyn</a>
12PM Gentle Yoga <a href="#">Kim</a>						
	4PM Yoga for the Lower Body <a href="#">DeAndra</a>	4PM Yoga for Back Pain <a href="#">Wendy</a>	4PM Gentle Yoga <a href="#">Cheryl</a>			
5PM Gentle Yoga <a href="#">Wendy</a>	5PM Yoga Sculpt <a href="#">DeAndra</a>	5PM Pilates <a href="#">Nina</a>				
	6PM Gentle Yoga <a href="#">DeAndra</a>	6PM Deep Core & Restore <a href="#">Nina</a>				

Most classes will also be live streamed on Mirbeau Balanced | All classes are 50-minutes unless otherwise noted | Classes subject to change without notice

1-844-MIRBEAU • 1 CROSSGATES MALL ROAD, ALBANY NY • SPAMIRBEAU.COM

EFFECTIVE OCTOBER 1ST, 2024

# Class Descriptions

## BARREFLOW

BarreFlow combines barre fitness, Pilates and vinyasa yoga using science of corrective exercise for a complete workout. The BarreFlow workout program was inspired by elements of ballet, yoga, and Pilates. Class concludes with a cool down and stretch.

## CORE & MORE

A total body workout with a focus on abdominal and lower back strength and stability as well as improving balance. Class may use weights and body resistance. Great low-impact class suitable for everyone.

## DEEP CORE & RESTORE

This class will focus on strengthening the deep core or transverse abdominis muscles balanced with restorative stretching, breathing, and postures. Strengthening this muscle helps develop a strong core, reduce back pain, and facilitate day-to-day activities.

## FIT MIX

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

## GENTLE YOGA

This slow-moving class targets all areas of the body to create flexibility, strength and balance all from kneeling, seated and reclined positions. There are few standing postures, and props such as blocks and straps may be used. This class is perfect for beginners or those who prefer a more mindful practice.

## HATHA YOGA

A class that sets up conditions for greater self-knowledge by taking time to travel through & realign the whole body through various series of postures. The goal is to feel more expansive and raise the feeling of personal and communal wellbeing.

## INSPIRE & REFLECT YOGA

Our Mirbeau signature class combines gentle yoga, stretching, breath work and meditation with our signature Inspire and Reflect line spa products. You may use lotions and essential oils. Together we will make space in the body, mind and breath. Our practice will leave you relaxed and INSPIRED!

## INTERVAL TRAINING | CARDIO & STRENGTH

Interval training is a method of working out in which you perform a various exercises for a short period of time, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time by increasing metabolism. Modifications are available so this class is for all levels. Interval Strength - using dumbbells, bands and other strength training equipment, exercises will be performed for each of the major muscle groups designed to increase your overall strength. HIIT Cardio - uses cardiovascular based exercise designed to elevate your heart rate to the top of your exercise training zone. This is coupled with brief period of recovery using lower intensity exercises so that the heart rate drops to the lower end of the training zone. This workout is designed to strengthen your heart, burn calories and increase metabolism.

## PILATES

Performed on the floor, mat Pilates exercises are aimed at improving flexibility and muscle tone, along with the spine and lower back. There is also a focus on body balance as well as promoting mind-body awareness.

## RESTORATIVE YOGA

A luxurious blend of deep stretching and relaxing poses. It is practiced at a slow pace, focusing on long holds, stillness, and deep breathing. Yin yoga incorporates deep stretches held for long periods of time. Restorative yoga uses cozy props to encourage physical, mental and emotional relaxation. Together the two make a perfect blend to transform your mind and body.

## TOTAL BODY CONDITIONING

This class will get your heart pumping and blood flowing while toning up the muscles in the body. You will touch on all aspects of fitness to give you the best full body workout. Throughout class, you will use high energy intervals and movements that are easily modified to suit various fitness levels.

## YOGA FOR BACK PAIN

Millions of people worldwide suffer from back pain. Whether from minor soft tissue aches and pains to chronic conditions, this slow-moving class targets the entire spine; from nagging neck discomfort to persistent problems affecting the tip of the tail. Prevention is also a strong focus with attention to developing a strong core (strong core / strong back) and improving flexibility in the hamstrings and hips.

## YOGA FOR THE LOWER BODY

This Hatha style class focuses on the lower portion of the body with an emphasis on the pelvis, low back & hips. This grounding practice will incorporate standing, seated, & table top poses only so it is suitable for prenatal students! Each class will close with a brief meditation.

## YOGA SCULPT

This empowering class features a creative yoga flow and incorporates strength training to receive all the flexibility and strengthening benefits for a total body workout. Boost your metabolism and increase core, upper and lower body strength. This fun and challenging class is low impact and suitable for a variety of fitness levels.

### PLEASE NOTE

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 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. Private & Semi-Private Fitness Training and Workshops are available. For more information, call 844.MIRBEAU.

### SPA & WELLNESS HOURS OF OPERATION

MONDAY - SATURDAY // 8AM - 7PM

SUNDAY // 8AM - 4PM



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!