

An investment in Life. Classically Balanced.



## 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)
- Member Events
- Preferred Reservations
- Up to 10 day visits at any of our Spa Mirbeau locations
- Annual members receive : 6 day passes per year for you to bring a guest

## ESTATE WELLNESS MEMBERSHIP

### INDIVIDUAL

annual \$1,795  
monthly \$159

### COUPLES

annual \$3,020  
monthly \$257

## MONTH-TO-MONTH

*Limited Availability*

### INDIVIDUAL

\$189

### COUPLES

\$330

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

Membership inquiries may be submitted to our Membership Supervisor, [rbmembership@mirbeau.com](mailto:rbmembership@mirbeau.com) or 845-516-7338.

# Health & Wellness

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## PRIVATE WELLNESS SESSIONS

Meet with one of our certified Personal Trainers or Instructors who will design a safe and effective program to meet your health and fitness goals. Sessions are 60 minutes. Specialties provided by our instructors include: Personal Training, Yoga Therapy, Reiki, Sound Bath, Meditation, Qigong & Tai Chi, Breathwalk, Pilates, Barre, Zumba, and Mind Body Practice.

Private Session | \$80 Guests | \$65 Members  
Package of 4 | \$300 Guests | \$240 Members

Semi-Private Session • 2 participants | \$110 Guests | \$90 Members  
Package of 4 • 2 participants | \$400 Guests | \$320 Members

*Please contact us for a quote and scheduling.*

## PRIVATE GROUP WELLNESS WORKSHOP

Offer your group or team an outlet for daily stress relief through exercise with this customized 60-minute private class tailored to your specific needs & goals. See specialties above or make a special request! We also offer Corporate Wellness Team Building.

*Rates starting at \$120. Please contact us for a quote and scheduling.*

## 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 over 70 live-stream classes and on-demand video library. Visit [www.mirbeaubalanced.com](http://www.mirbeaubalanced.com) to learn more.

**\$39/month**

Wellness offerings are available to book for any spa guest.  
Members receive a discounted rate.

