

January Fitness Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM Sculpt & Stretch* Heather	8AM Pilates Fusion* Danielle	8:30AM Movement & Mindfulness (80min) Nidhi	8AM Sculpt & Stretch* Heather	8AM Sculpt & Stretch* Danielle	8:30AM Qigong & Tai Chi* Curt	8:30AM Core & More (30min)* Curt
9AM Total Body Conditioning Heather	9:30AM Breathe & Flow Yoga Keri-Ann	10AM Barre Lindsay	9:00AM Total Body Conditioning Jason	9AM Qi Gong & Tai Chi* Curt	9:30AM Total Body Conditioning Curt	9AM Gentle Yoga* Curt
10AM Mobility Danielle	10:30AM Upper Body & Core Lindsay	11AM Inspire & Reflect Yoga* Lindsay	10:00AM Stretch (30 min) Jason	10AM Build Strong Addy	11AM Vinyasa Flow Yoga* Curt	10:30AM Breathe & Flow Yoga Michael
11AM Breathe & Flow Yoga Patrick	11:30AM Hatha Yoga Lindsay	5PM Glutes, Abs, Arms* Lindsay	11:30AM Slow Flow Yoga Danielle	11AM Breathe & Flow Yoga Curt		
5:30PM Dance Empowerment Lauren	5:15PM Suspension Sculpt & Stretch Curt	6PM Yin/Restore Yoga* Lindsay	5:15PM Total Body Conditioning Danielle	5:15PM Yoga Chill Patrick		
6:30PM Build Strong Addy	6:15PM Slow Flow Yoga Curt	7PM Guided Meditation* (30min) Lindsay	6:15PM Deep Relaxation & Guided Meditation Danielle	6:15PM Zumba Jenny		



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!

*Classes will also be live streamed through Zoom

RESERVATIONS ARE REQUIRED // CALL 1.877.MIRBEAU OR VISIT THE SPA DESK

CLASSES ARE 50 MINUTES UNLESS OTHERWISE NOTED // CLASSES SUBJECT TO CHANGE WITHOUT NOTICE // SCHEDULE EFFECTIVE 1/1/2023

WWW.RHINEBECK.MIRBEAU.COM · 46 WEST MARKET ST, RHINEBECK, NY 12572

Class Descriptions

BARRE

This class takes its cues from Pilates and Ballet then adds some upper body strengthening to provide a solid gold workout that is low impact, tones and lengthens.

BREATHE & FLOW YOGA

This class will flow slowly through postures that coordinate with breath to expand our awareness, release tension and develop stability and contentment in the body. The goal is to settle the mind and body so that we may face challenges calmly and confidently as we tune in to the inner strength that lives within each of us.

BUILD STRONG

This class is a 50 minute full body circuit, consisting of strength training in intervals to get your heart pumping and your body working to meet your goals. Each exercise will have options to modify or intensify the workout!

CORE & MORE (30 MIN)

A 30-minute workout that focuses on improving 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.

DANCE EMPOWERMENT

Learn dance moves and have a blast enjoying movement! This class features easy to follow dance moves with a variety of pop, Latin rhythms and international music. Have a great time as you burn calories, tone, stretch and empower the mind, body and soul.

DEEP RELAXATION & GUIDED MEDITATION

Over the course of this 30 minute class we will use a wide variety of physical relaxation techniques to calm the body and move on to practices that steady and focus the mind.

GENTLE YOGA

A slow-moving class targeting all areas of the body to create flexibility, strength and balance all from kneeling, seated and reclined positions. There are a few standing postures. Perfect for those who prefer a more mindful practice.

GLUTES, ARMS, ABS

Focus on the muscles that support stability and strength as well as toning the arms. Sculpting these areas of the body through resistance training enhances performance of daily activities and adds that extra pep in your step. Features standing and floor exercises.

GUIDED MEDITATION

A relaxing class to introduce participants to a mind-body practice incorporating breathing techniques and mindfulness exercises that allow you to create a sense of calm and presence in your day-to-day life. The goal is to develop a deeper sense of mindfulness.

HATHA YOGA

A class that set up conditions for greater self-knowledge by taking time to travel through and 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 incorporates gentle yoga, stretching, breath work with essential oils and meditation. Together we will make space in the body, mind and breath. Our practice will leave you relaxed and inspired.

MOBILITY

Take your joints through a safe range of motion while engaging peripheral stabilizing muscles. The exercises presented in this class will assist in preventing injury and bringing healthy and efficient movement back to the body.

MOVEMENT & MINDFULNESS (80 MIN)

Practice of Kundalini Yoga, Tibetan Breath Work & Mindfulness to strengthen the physical and energetic body. Gentle core strengthening postures and spinal movement along with meditation, mantras, sound & crystal healing to charge & boost your energy and emotions. All levels

PILATES FUSION

A unique blend of strength training, cardio, Pilates and yoga that is challenging, high energy and a fun twist to mat Pilates. All routines are different and choreographed to music.

QIGONG & TAI CHI

When practiced correctly on a regular basis, these two closely related practices can reduce stress and improve quality of life transcending age and physical condition.

SCULPT & STRETCH

Part resistance training, part stretch, this class incorporates low-impact exercises to strengthen the core and upper body while also increasing flexibility and providing a calming release for the entire body.

SLOW FLOW YOGA

A slower-moving flow class that creates peace and calm in body and mind through a mindfully sequenced series of standing poses. Options will be offered for balancing poses with the optional inversion.

STRETCH 30

This 30 minute class will take participants through various stretches that will help release muscle tension and increase overall ease of movement.

SUSPENSION SCULPT & STRETCH

A fusion class that features TRX straps in addition to other resistance training modalities that are easily adaptable to different fitness levels. There will also be included restorative movements and stretches to release tension in the body and calm the mind.

TOTAL BODY CONDITIONING

This class combines all aspects of fitness to give you the best full body workout mixing in strengthening exercises as well as high-energy intervals that are easily modified to suit various fitness levels.

UPPER BODY & CORE

This strength class targets the shoulders, biceps and triceps using a combination of bodyweight exercises and small equipment, such as bands and dumbbells. In addition, a variety of core activation exercises strengthen the abdominal and back muscles to tone and improve posture and stability.

VINYASA FLOW YOGA

This beginner/intermediate level class connects the breath to a series of postures designed to balanced body, mind and spirit. Through this moving meditation, you can expect to build strength, increase flexibility and work on better balance and stability. Students should be able to transition from the floor to standing postures.

YIN/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.

YOGA CHILL

Relax in a calm setting while quietly and slowly moving through restorative poses that encourage the body to open and gain a sense of expansiveness. Unwind from a busy week and feel more relaxed and centered.

ZUMBA

An energizing workout class that combines Latin rhythms such as Merengue, Cumbia, Reggaeton and Salsa with international music and dance moves. Zumba routines alternate fast and slow rhythms and feature different elements of fitness including cardio, strength and balance while having a blast and feeling amazing!

PLEASE NOTE

Classes meet near our Motion Studio five minutes before start time and may occur outdoors weather-permitting. Please 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 Wellness Members, Overnight and 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, Custom Wellness Classes and Workshops are available. For more information, please call 877.MIRBEAU.

SPA & WELLNESS HOURS OF OPERATION
6AM - 9PM DAILY