

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Strength, Balance, & Core <a href="#">Robyn (25 min)</a>		8:30AM Strength, Balance, & Core <a href="#">Robyn (25 min)</a>	8AM Tabata <a href="#">Christine</a>			
9AM Total Body Conditioning <a href="#">Robyn</a>	9AM Pilates Sculpt <a href="#">Nina</a>	9AM Interval Training <a href="#">Robyn</a>	9AM Strength, Balance, & Core <a href="#">Christine</a>	9AM Pilates Sculpt <a href="#">Nina</a>	9AM Yoga Sculpt <a href="#">Katelyn/Nina</a>	
10AM Inspire & Reflect Yoga <a href="#">Katelyn</a>	10AM Hatha Yoga <a href="#">Genii</a>	10AM Slow Stretch Session <a href="#">Robyn (25 min)</a>	10AM Yoga Sculpt <a href="#">DeAndrea</a>	10AM Inspire & Reflect Yoga <a href="#">Nina</a>	10AM Inspire & Reflect Yoga <a href="#">Katelyn</a>	10AM BarreFlow <a href="#">Denise</a>
11AM Restorative Yoga <a href="#">Katelyn</a>	11AM Gentle Yoga <a href="#">Genii</a>	11AM Vinyasa Flow <a href="#">Estephanie</a>	11AM Gentle Restorative Yoga Mix <a href="#">DeAndrea</a>		11AM Yin Movement & Sound <a href="#">Estephanie</a>	11AM Inspire & Reflect Yoga <a href="#">Katelyn</a>
12PM Monday Meditation with Yoga <a href="#">Kim</a>		12PM Gentle Restorative Yoga Mix <a href="#">Kim</a>				12PM Yin Movement & Sound <a href="#">Estephanie</a>
	4PM Yoga for the Lower Body <a href="#">DeAndrea</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="#">DeAndrea</a>	5PM Pilates Sculpt <a href="#">Nina</a>				
	6PM Gentle Yoga <a href="#">DeAndrea</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

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EFFECTIVE SEPTEMBER 1ST, 2025

# 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.

## DEEP CORE AND 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.

## GENTLE YOGA

This soft yoga is slow-moving class targeting 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 all levels and those who prefer a more mindful practice.

## GENTLE RESTORATIVE YOGA MIX

This class offers movement through gentle Hatha poses and deep relaxation through restorative shapes. Most poses are from the floor, whether they are seated, reclined, kneeling or prone. Class includes 2-3 restorative shapes, held for between 2 and 5 minutes each. With the help of props, these restful postures engage the parasympathetic nervous system, which is wonderful for overall wellness. This practice is perfect for all levels.

## HATHA YOGA

Hatha Yoga is a practice that focuses on individual poses and breathing. Alignment in the poses is the aim with pranayama or breathing exercises to balance the Ha - Sun and Tha - Moon energy in our bodies.

## INSPIRE AND 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

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 workout is designed to strengthen your heart, burn calories and increase metabolism. Modifications are available so this class is for all levels. May involve using dumbbells, bands and other strength training equipment.

## MONDAY MEDITATION

A Gentle Start to Your Week Begin with mindful breathing to center your mind and cultivate calm. Flow into gentle stretches that release tension and restore ease in the body. Settle into a guided meditation, fostering clarity, peace, and inner balance. No experience needed — just bring an open heart and a desire to unwind.

## PILATES SCULPT

Performed mostly on the floor, mat Pilates exercises are aimed at improving flexibility and muscle tone, along with the spine and lower back focus. Sculpting exercises are used to create long lean muscles and definition. There is also a focus on body balance as well as promoting mind-body awareness.

## RESTORATIVE YOGA

This class will feature a sequence that typically involves only five or six poses, supported by props that allow you to completely relax and rest. Held for 5 minutes or more, restorative poses include light twists, seated forward folds, and gentle backbends. If class size is too large, a gentle class will be held.

## SLOW STRETCH SESSION

Designed to improve flexibility, release tension, and promote relaxation, this session moves at a slow, mindful pace. Perfect for all fitness levels, it focuses on deep, sustained stretches for the entire body and calming breath work to leave you feeling refreshed, lengthened, and centered.

## STRENGTH, BALANCE, & CORE

A low-impact class focused on building muscular strength, improving balance, and activating your core. Perfect for enhancing stability, posture, and everyday functional movement. Ideal for all fitness levels, especially those looking to tone and prevent injury.

## 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

## TABATA

A high-intensity interval training (HIIT) workout that combines short bursts of cardio and strength exercises with brief rest periods. This energizing class boosts endurance, burns calories, and improves overall fitness in a time-efficient format. Great for all levels (modifications provided).

## VINYASA FLOW

A dynamic and energizing style of yoga that links breath with movement. Poses flow smoothly from one to the next in a continuous sequence, building strength, flexibility, and balance. This class offers a moving meditation that can help reduce stress and improve focus, while providing a full-body workout. All levels are welcome, with modifications offered throughout.

## YIN MOVEMENT & SOUND

A deeply restorative experience that combines gentle movement and long-held Yin yoga poses with the healing vibrations of crystal bowls. This class encourages deep release, relaxation, and inner stillness — perfect for resetting the body and calming the mind. All levels welcome.

## YOGA FOR BACK PAIN

Millions of people worldwide suffer from back pain. Whether from minor soft tissue aches and pains to chronic conditions, this slowmoving 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, & tabletop 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!