

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM Cardio Tone Robyn			8AM Glutes, Abs & Arms Christine			
9AM Total Body Strength Robyn	9AM Yoga Sculpt Nina	9AM Cardio Tone Robyn	9AM Tabata Christine	9AM Pilates Nina	9AM Sculpt & Stretch Nina	
	10AM Hatha Yoga Genii	10AM Total Body Strength Robyn	10AM Yoga Sculpt DeAndra	10AM Inspire & Reflect Yoga Nina	10AM Gentle Yoga Nina	10AM BarreFlow Denise
11AM Inspire & Reflect Yoga Cheryl/Katelyn	11AM Gentle Yoga Genii	11AM Inspire & Reflect Yoga Kim	11AM Gentle Yoga DeAndra		11AM Inspire & Reflect Yoga	11AM Inspire & Reflect Yoga Cheryl/Katelyn
12PM Gentle Yoga Kim	12PM Heart, Body & Soul Christine		12PM Heart, Body & Soul Robyn			
4PM Strength, Balance & Core Wendy	4PM Yoga for the Lower Body DeAndra	4PM Yoga for Back Pain Wendy				
5PM Gentle Yoga Wendy	5PM Yoga Sculpt DeAndra	5PM Pilates Nina				
6PM BarreFlow Denise	6PM Gentle Yoga DeAndra	6PM Deep Core & Restore Nina				

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 APRIL 8TH, 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.

CARDIO TONE

This class uses range of motion exercises for each of the major muscle groups to create long, lean muscles for a defined and healthy look! You will workout with an elevated heart rate to help strengthen your heart and burn more calories. Class will use weights, bands and body resistance, this is a great workout for all levels.

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.

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.

HEART, BODY, & SOUL

This class combines 20 minutes light cardio (heart), 20 minutes light strength (body), and 10 minutes stretch (soul).

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!

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.

SCULPT & STRETCH

Part bodyweight 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.

TABATA

Challenge yourself with sequences of quick, maximum intensity interval training cycles coupled with brief periods of rest. You'll burn calories, increase aerobic capacity, increase strength and get more out of your workout.

STRENGTH, BALANCE & CORE

a full body workout that will use hand weights (or not) to build strength, challenge all major muscle groups and promote increased balance

STRENGTH & CORE

Sculpt both heart and body muscles in one class! The focus is on strength building and toning exercises for all major muscle groups. You may be using bodyweight, dumbbells, physio balls and some small equipment alternatives to help promote a strong body and long lean look! Core exercises are included throughout class to help support stability and core strength. This may be done with combination exercises as well as isolation exercises.

TOTAL BODY STRENGTH

This class is designed to increase your overall strength. You will be using dumbbells and other equipment and performing sets of exercises targeting specific muscle groups with repetition. This class is for all levels as you can vary the weight of the dumbbells depending on your abilities.

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!