

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM Core & More Express Robyn (25 min)			8AM Core & More Christine			
9AM Total Body Conditioning Robyn	9AM Yoga Sculpt Nina	9AM Interval Training Robyn	9AM Fit Mix Christine	9AM Pilates Nina	9AM Yoga Sculpt Katelyn/Nina	
10AM Inspire & Reflect Katelyn	10AM Hatha Yoga Genii	10AM Core & More Express Robyn (25 min)	10AM Yoga Sculpt DeAndra	10AM Inspire & Reflect Yoga Nina	10AM Inspire & Reflect Yoga Katelyn/Nina	10AM BarreFlow Denise
11AM Restorative Yoga Katelyn	11AM Gentle Yoga Genii	11AM Deep Core & Restore Kim	11AM Gentle Yoga DeAndra			11AM Inspire & Reflect Yoga Katelyn
12PM Meditation Monday Kim						
	4PM Yoga for the Lower Body DeAndra	4PM Yoga for Back Pain Wendy	4PM Gentle Yoga Cheryl			
5PM Gentle Yoga Wendy	5PM Yoga Sculpt DeAndra	5PM Pilates Nina				
	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 JANUARY 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.

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

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

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!