

An investment in Life. Classically Balanced.



# Spa Mirbeau®

## WELLNESS MEMBERSHIP

### Your Well-Deserved Investment...

- Unlimited professionally-led wellness classes
- Mirbeau Balanced virtual wellness program
- State-of-the-art fitness center including Peloton
- 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 \$1,500  
monthly \$135

#### COUPLES

annual \$2,580  
monthly \$225

### MID-WEEK WELLNESS MEMBERSHIP

*Monday - Friday*

#### INDIVIDUAL

annual \$1,140  
monthly \$105

#### COUPLES

annual \$1,980  
monthly \$175

### MONTH-TO-MONTH

*Limited Availability*

#### INDIVIDUAL

\$165

#### COUPLES

\$285

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

Membership inquiries may be submitted to our Wellness Manager, [robynh@mirbeau.com](mailto:robynh@mirbeau.com).

# Health & Wellness

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## FUNCTIONAL MOVEMENT TRAINING

Meet with one of our certified Exercise Physiologist who will design a safe exercise program to meet your fitness goals. (Semi-Private, \$35 per each additional participant, up to 5 people).

### PRIVATE SESSIONS

60 minutes | \$75 · package of 5 | \$345 · package of 10 | \$650

### SEMI-PRIVATE SESSIONS (2 people)

60 minutes | \$125 · package of 5 | \$450

## PRIVATE & SEMI-PRIVATE FITNESS

Meet with one of our personal fitness trainers as they guide you through a combination of strength training, cardiovascular conditioning, stretching and weight management to achieve your desired fitness goals. (Semi-Private, \$25 per each additional participant, up to 5 people).

### PRIVATE SESSIONS

60 minutes | \$65 · package of 5 | \$295 · package of 10 | \$550

### SEMI-PRIVATE SESSIONS (2 people)

60 minutes | \$805 · package of 5 | \$350

## PRIVATE & SEMI-PRIVATE WELLNESS CLASS

Let one of our certified wellness instructors take you through a customized private class tailored to your specific needs and goals:

Yoga, meditation, pilates, aerobics, core strength and more.  
(Additional fees apply for groups larger than 2 people).

60 minute | \$65 · 90 minutes | \$110

## CORPORATE WELLNESS WORKSHOP

Bring your organization to Mirbeau for a team building group fitness class.

*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 15% off listed pricing.