

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:30AM Core Inspiration (30 min) <a href="#">Christine</a>		8:30AM Core Inspiration (30 min) <a href="#">Robyn</a>			
9AM Total Body Interval Training <a href="#">Robyn</a>	9AM Fitness Center Circuit <a href="#">Robyn</a>	9AM Pilates <a href="#">Nina</a>	9AM Studio Circuit <a href="#">Robyn</a>	9AM Pilates <a href="#">Nina</a>	9AM Sculpt & Stretch <a href="#">Nina</a>	
10AM Core Inspiration (30min) <a href="#">Robyn</a>	10AM Yoga with Props <a href="#">Genii</a>	10AM Classically Balanced Yoga <a href="#">Nina</a>		10AM Strengthen & Lengthen <a href="#">Nina</a>	10AM Classically Balanced Yoga <a href="#">Nina</a>	10AM BarreFlow <a href="#">Denise</a>
11AM Strengthen & Lengthen Yoga <a href="#">Wendy</a>	11AM Classically Balanced Yoga <a href="#">Genii</a>		11AM Soften & Restore Yoga <a href="#">DeAndra</a>	11AM Reflect & Inspire <a href="#">Nina</a>		11AM SUNDAY VARIETY
12PM Classically Balanced Yoga <a href="#">Kim</a>	12PM Sculpt & Stretch <a href="#">Christine</a>	12PM Mindfulness & Movement Yoga <a href="#">Kim</a>				
		5:30PM Pilates (30min) <a href="#">Nina</a>				
6PM Classically Balanced Yoga <a href="#">Mellissa</a>	6PM Reflect & Inspire Yoga <a href="#">DeAndra</a>	6PM Reflect & Inspire Yoga <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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# Class Descriptions

## BARREFLOW

BarreFlow combines barre fitness, Pilates and vinyasa yoga using science of corrective exercise for a complete workout. The Barre-Flow workout program was inspired by elements of ballet, yoga, and Pilates. Class concludes with a cool down and stretch.

## CORE INSPIRATION

This class focuses on the core muscles of the body that support stability and strength. This can be done with combination exercises as well as isolation exercises. Props may be used such as physio balls and weights and can features standing and floor exercises.

## CLASSICALLY BALANCED YOGA

This gentle yoga is 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 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.

## FITNESS CENTER CIRCUIT / STUDIO CIRCUIT

Exercise at different "stations" for set intervals using a variety of equipment and targeting each of the major muscle groups. Each class, you will achieve a unique total body workout by completing cardiovascular, strength and flexibility exercises. Work on your cardiorespiratory fitness as well! The Fitness Center Circuit will take place in the fitness center and use equipment like treadmills, ellipticals and bikes. The Studio Center Circuit will be held in the studio using such equipment like TRX, bands and BOSU.

## MINDFULNESS & MOVEMENT YOGA

Gentle yoga applying and integrating mind-body awareness. Attention to the breath is encouraged while moving through yoga postures consciously to strengthen your mind and body. For all levels.

## 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.

## REFLECT & INSPIRE YOGA

A hatha inspired, gentle yoga class that incorporates all aspects of yoga including the practice of asanas (postures) and pranayama (breathing exercises) which help bring peace to the mind and body, -preparing the body for life's adventures. This class can also be similar to vinyasa yoga, and feature fluid movements to get your blood flowing and muscles moving. It also focuses on breathing techniques used for mindfulness that can be utilized both on and off the mat. Great for all levels.

## SCULPT & STRETCH

Sculpt both heart and body muscles in one class and then stretch it all out! The focus is on strength building and toning exercises for all major muscle groups using bodyweight and some small equipment alternatives. Finish with stretching exercise to increase flexibility and promote a long lean look!

## SOFTEN & RESTORE YOGA

A soft, nurturing yoga class that features both slow-paced, gentle movements and restorative poses to discover the layers of the mind, breath and body. Mindfulness practice completes each class to enhance physical health and mental well-being.

## STRENGTHEN & LENGTHEN YOGA

This class mimics the practice of yin yoga. It involves a variety of poses held for a few minutes in order to access deep layers of fascia in order to stretch and strengthen connective tissue around the joints. The result is increased flexibility, especially in the hips, pelvis and spine. Props will be used in this class such as blocks, bolsters and more.

## SUNDAY VARIETY

It is important to try a variety of wellness classes and experience new instructors. If the time works for you, don't be afraid to do something new! This class will be different each week, and will rotate through instructors. For specific class and instructor, please see our website.

## TOTAL BODY INTERVAL TRAINING

This is a training technique in which you perform various exercises for a period of time, followed by short, sometimes active, recovery periods. This type of training can often elevate your heart rate, promoting fat burning in less time. Intervals may require the use of fitness equipment, such as weights, bands and more. Modifications are available making this class style for all levels.

## YOGA INSPIRATION

All levels. Whether your new to yoga or have been practicing for a while, coming to your mat provides you with the unique opportunity we all crave, to feel grounded, and connected. Your practice is your own, in this class you'll be encouraged to go at your own pace. This class will be geared toward beginners with basic postures taught but advanced students will be welcomed to fulfill their needs.

## YOGA WITH PROPS

Enhance your yoga practice by incorporating the use of a foam roller, small physio ball and strap. Using these props will enable you to activate muscles, tissues and ligaments before and after yoga poses. For all levels.

## ZUMBA

Ditch the work out and join the dance party! Come as you are. Shake what you got. Enjoy a blend of Latin rhythms such as Merengue, Cumbia, Reggaeton and Salsa with international music and dance moves. Burn calories, tone up and lose inches while having a great time.

### PLEASE NOTE

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 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 - 9PM

SUNDAY // 8AM - 7PM



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!