

WINTER FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8 AM HIIT Jessica		8 AM HIIT Jessica			
9 AM HIIT Cardio Robyn	9 AM Power Yoga Camille	9 AM HIIT Cardio Robyn	9 AM Gentle Yoga Kim	9 AM Tone & Tighten Robyn	9 AM HIIT Jonathan/Jessica	9 AM HIIT Strength Sophia/Jessica
10 AM Tone & Tighten Robyn	10 AM Barre Flow Camille	10 AM HIIT Strength Robyn	10 AM Restorative* Kim	10 AM HIIT Cardio Robyn	10 AM TRX* Jonathan/Jessica	10 AM Spin Experience Denise
11 AM Gentle Yoga Kim	11 AM Hatha Yoga Camille	11 AM BarreFlow Camille	11 AM Spin Experience Kelly		11 AM Gentle Yoga MaryEllen	11 AM HIIT Cardio Sophia/Jessica
12 PM Restorative Yoga* Kim	12 PM Spin Experience Robyn		12 PM Nia Beth	12 PM Barre Kate	12 PM Vinyasa MaryEllen	
5 PM Nia Beth	5 PM Strength Sophia/Sarah		5 PM Vinyasa/Slow Flow Genii			
6 PM Vinyasa/Slow Flow MaryEllen Spin Experience Ashley		6 PM HIIT Jonathan				
7 PM Gentle Yoga MaryEllen		7 PM TRX* Jonathan				



*Class size limited | All classes are 50-minutes | Classes are subject to change without notice

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Please note there is a parking lot and direct entrance into Spa Mirbeau located behind Macy's on the backside of Crossgates Mall.

BarreFlow Combines barre fitness, pilates and vinyasa yoga using science of corrective exercise for a complete workout in only 45 minutes. Optional 15 minute guided meditation at the conclusion.

Cardio Dance A combination of dance and other aerobic movements designed to get your heart pumping and your muscles sculpted. Music and moves are pulled from a variety of decades and genres so there is something for everyone. Movements are fun and easy to follow. No previous dance experience necessary!

Gentle Yoga Slow moving class targeting all areas of the body to create flexibility, strength and balance all from kneeling, seated and reclined positions. Few, if any standing postures. This class is perfect for beginners or those who prefer a more mindful practice.

Hatha Yoga This is a general yoga class that includes most styles including the practice of asanas (yoga postures) and pranayama (breathing exercises) which help bring peace to the mind and body, preparing the body for life's adventures! Great for all levels.

HIIT or high-intensity interval training, is a training technique in which you perform a various exercises for a short period of of time, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time by increasing. Modifications are available so this class is for all levels.

HIIT Cardio uses cardiovascular based exercise designed to elevate your heart rate to the top of your exercise training zone. This is coupled with brief period of recovery using lower intensity exercises so that the heart rate drops to the lower end of the training zone.

HIIT Strength uses intervals of strength exercises coupled with active rest periods. This class will help you increase strength in each of the body's major muscle groups, so that the activities of our daily lifestyles will become easier!

Nia A barefooted cardio fitness fusion, energizing and conditioning the whole body! Nia blends the precision and strength of the Martial Arts, the creative joy of the Dance Arts and the relaxing and restorative energy of the Healing Arts. Dancing and moving to soul-stirring music, while personalizing your intensity levels, you will tone your body, enhance your mobility, flexibility and balance, reduce stress and increase your personal fitness! Come experience the joy and have fun! Exercise will never be the same again! All levels

PiYo This workout is a total-body, moderate intensity class. It combines the practices of Pilates and yoga to help you build strength, lose weight, and increase flexibility, without feeling like hard work! Perfect for individuals who want the mind-body benefits of a yoga and Pilates - with a sweat!

Power Yoga This is a form of yoga involving stronger movements and constant strenuous poses. Modifications may be available, but be prepared to work hard!

Restorative Yoga A restorative yoga sequence typically involves only five or six poses, supported by props that allow you to completely relax and rest. It is the centering of your breath and body - aligning the physical and mental by practicing stillness or gentle movement. Held for an extended period of time, restorative poses include light twists, seated forward folds, and gentle backbends.

Spin Experience Be prepared to be taken on a beautiful journey! Class is performed on indoor cycles to upbeat music, under the careful guidance of your spin coach. You will "climb hills" and "sprint" while maintaining the ability to adjust the intensity to your personal pace and set your own resistance. During class, you will be taking a visual journey through the countryside of France or the hills of California by viewing the beautiful scenery on a high definition video screen. Each class will bring a new experience!

Tone & Tighten 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! Class will us weights and body resistance, this is a great workout for all levels.

TRX Training TRX® is a suspension training class performed on weight bearing straps, which allows participants to work against gravity and use their own body weight for resistance. This class is for all levels, with modifications available for every individual. Try this class to improve strength, increase balance, maximize flexibility and develop joint stability!

Vinyasa/Slow Flow Yoga An all level class that focuses on building strength and flexibility as your guided into the world of power yoga. Ends with ameditation to restore both body and mind.

Yin Yoga Uses props such as bolsters, blankets and blocks to apply beneficial stress to the connective tissues that support the joints helping to maintain the mobility of the joints and creating a calmness in your mind. Poses are held for 3-5 minutes. This is not a restorative practice, where props are used to support and encourage relaxation. This class is beneficial for all levels of fitness.

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