

| MONDAY   | TUESDAY   | WEDNESDAY                                    | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY  |
|--|---|--|--|---|---|---|
|  | <b>8 AM</b><br>Strength & Stretch<br><b>Genii</b> |  | <b>8 AM</b><br>HIIT <b>Christine</b>                   |   |   |   |
| <b>9 AM</b><br>HIIT Cardio <b>Robyn</b>  | <b>9 AM</b><br>Power Yoga <b>Camille</b>          | <b>9 AM</b><br>HIIT Strength<br><b>Robyn</b> | <b>9 AM</b><br>Gentle Yoga <b>Kim</b>                  | <b>9 AM</b><br>Tone & Tighten<br><b>Robyn</b>           | <b>9 AM</b><br>HIIT<br><b>Jonathan/Jessica</b>  | <b>9 AM</b><br>Assorted Yoga<br><i>(Instructor rotates)</i> |
| <b>10 AM</b><br>Tone & Tighten<br><b>Robyn</b>   | <b>10 AM</b><br>Barre Flow <b>Camille</b>         | <b>10 AM</b><br>HIIT Cardio <b>Robyn</b>     | <b>10 AM</b><br>Restorative*/Gentle<br>Yoga <b>Kim</b> | <b>10 AM</b><br>Core Strength &<br>Stretch <b>Robyn</b> | <b>10 AM</b><br>TRX*<br><b>Jonathan/Jessica</b> | <b>10 AM</b><br>Spin Experience<br><b>Denise</b>            |
| <b>11 AM</b><br>Gentle Yoga <b>Kim</b>   | <b>11 AM</b><br>Hatha Yoga <b>Camille</b>         | <b>11 AM</b><br>BarreFlow <b>Camille</b>     | <b>11 AM</b><br>Spin Experience<br><b>Kelly</b>        |   | <b>11 AM</b><br>Gentle Yoga<br><b>MaryEllen</b> | <b>11 AM</b><br>HIIT Cardio <b>Sophia</b>                   |
| <b>12 PM</b><br>Restorative*/Gentle<br>Yoga <b>Kim</b>                                   | <b>12 PM</b><br>Spin Experience<br><b>Robyn</b>   |  | <b>12 PM</b><br>Nia <b>Beth</b>                        | <b>12 PM</b><br>Barre <b>Kate</b>                       | <b>12 PM</b><br>Vinyasa <b>MaryEllen</b>        |   |
| <b>5 PM</b><br>Nia <b>Beth</b>   | <b>5 PM</b><br>Warrior Yoga <b>Wendi</b>          |  | <b>5 PM</b><br>Vinyasa/Slow Flow<br><b>Genii</b>       |   |   |   |
| <b>6 PM</b><br>Vinyasa/Slow Flow<br><b>MaryEllen</b><br>Spin Experience<br><b>Ashley</b> |   | <b>6 PM</b><br>HIIT <b>Jonathan</b>          |  |   |   |   |
| <b>7 PM</b><br>Gentle Yoga<br><b>MaryEllen</b>   |   | <b>7 PM</b><br>TRX* <b>Jonathan</b>          |  |   |   |   |



\*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.

**Core Strength and Stretch** Just like Strength and Stretch, but the focus of the strength exercises is on the core of the body. Exercises target the midsection / abdominal area, stretches will cover the entire body.

**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

**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 / Gentle Yoga** This class will feature a sequence that typically involves only five or six poses, supported by props that allow you to completely relax and rest. Held for 5 minutes or more, restorative poses include light twists, seated forward folds, and gentle backbends. If class size is too large, a gentle class will be held.

**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!

**Strength & Stretch** The focus of this class is on your muscles, developing strength through range of motion, use of weights, some yoga poses and other methods. The second half of class will stretch out those muscles. This will help prevent injury, increase flexibility, and develop long and lean muscles.

**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.

**Warrior Yoga** takes high intensity interval training to a unique and challenging level. This practice combines the traditional art and beauty of a yoga flow practice with intervals of passive rest performed in dynamic and powerful postures. Increases in strength, flexibility and mental awareness are second to none. The strong emphasis and focus on pranayama (breathing) techniques will follow you outside of class and offer benefits well above and beyond your time on the mat. Warm up includes instruction in basic yoga asana's (postures). Take off your shoes, open your mind, and enjoy the experience.

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