

Winter Fitness Class Schedule

*Schedule Effective 12/1/2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15AM Contemplative Flow (Y) Paul	8AM Functional Yoga (Y) Grace	8AM Tone & Tighten Upper Body (M) Lauren	9:15AM Functional Yoga (Y) Grace	8AM & 8:30 AM TRX (M) 30 min Sharon	9:15AM Gentle Yoga (Y) Jane	9:15AM Buti Yoga (M) Bailey
10:30AM Vinyasa Flow (Y) Michelle	9:15AM Indoor Cycling (M) Phillip Gentle Yoga (Y) Grace	9:15AM Tone & Tighten Lower Body (M) Lauren	9:15AM Total Body Conditioning (M) Angela	9:15AM Boot Camp (Spin, TRX & more!) (M) Sharon	10:30AM Barre-lates (Y) Jane	10:30AM Stretch & Breathe (M) Jenn
10:30AM Strength, Balance & Core (M) Katy	10:30AM Latin Dance Fit (M) Grace	9:15AM Vinyasa Flow (Y) Angela	10:30AM Tai Chi (Y) Fang	10:30AM Barre Flex (Y) Jenn		
	10:30AM Vinyasa Flow (Y) Amy	10:30AM Yoga Fusion (Y) Amy	10:30AM Stretch & Breathe (M) Grace	10:30AM Classical Pilates (M) Karen		
	4PM Strength Balance & Core (M)* Lisa	10:30AM Gentle Yoga (M) Gillian		4PM Core & Restore Yoga (M) Katy		
5:30PM Inferno Hot Pilates (M) Tracy	5PM Slow Flow Yoga (M)* Anne	5:30PM Hatha Yoga (Y) Melissa	6PM Yoga for All (Y) Bailey	4:30PM Stretch & Breathe (Y) Jenn		

*Classes will also be live streamed through Zoom on MindBody

All classes are 50-minutes each (Except TRX) // "Y" = Yoga Studio / "M" = Motion Studio // Classes are subject to change without notice

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Class Descriptions

BACK TO BASICS YOGA

Whether you're just getting started on your yoga journey, haven't practiced for a while, or find yourself wanting to focus on the foundations of practice, this class is for you. Expect to feel stronger, more flexible & have increased awareness both on & off your yoga mat.

BARRE FLEX

Perfect for those guests newer to barre exercise or just wanting a "lighter" version, class will focus on basic barre instruction incorporating the benefits of a total body workout with the added focus of flexibility Barre flex will leave you feeling strong, energized and limber.

CLASSICAL PILATES

Classical Pilates taught in its original form - the exercises, order & transitions. Develop the 4 "S" - Strength, Stamina, Stretch & Stability. With concentration, centering & will, develop flexibility, balance, cardiovascular endurance & skill.

CONTEMPLATIVE FLOW

An innovative yoga, Tai-Chi & Chi Kung workout incorporating both dynamic & static postures to build flexibility & strength, leaving you feeling centered & calm. Using controlled breathing, meditative concentration & postures to music, find a holistic workout that brings the body into a state of harmony & balance.

CORE & RESTORE YOGA

A series of holding postures that focus on stretching & breathing. This class will help alleviate soreness, work the connective tissue in your body & give your mind a well-deserved moment of reflection.

FUNCTIONAL YOGA

A practice focusing on functional movement patterns natural to the human body. Work toward improved alignment, strength, stability & balance, while helping to alleviate discomfort caused by common errors in body mechanics. Each class will have a specific focus related to creating mobility, strengthening, balance & breathe.

GENTLE YOGA

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. This class is perfect for beginners or those who prefer a more mindful practice.

HATHA YOGA

Yoga postures & breath work combined to calm the mind & exercise the body. Clients will practice balance postures, work on increasing flexibility where needed & gain strength. Ending with the traditional quiet of Savasana to complete your practice.

INDOOR CYCLING

A high-energy, medium impact stationary bike workout that will enhance cardiovascular endurance & improve muscular strength. All fitness levels are welcome; space is limited to bikes available.

MINDFULNESS IN MOTION

Come to clear your mind, move your body & center your soul. Leave feeling refreshed & more self-aware – plus you'll gain clarity on how to maintain a sense of mindful ease throughout the rest of your week.

STRENGTH, BALANCE & CORE

A full body workout that will use hand weights (or not) to build strength, challenge all major muscle groups and promote increased balance.

STRETCHES FOR SELF CARE

Learn how to use activities such as muscular stretching & breathing exercises to achieve & maintain relaxation & overall health.

TAI-CHI

An ancient Chinese form of slow exercise; incorporates meditation with powerful deliberate movements. Promotes healing & injury prevention while improving range of motion & breathing. Clients will work on improving mental focus, coordination, overall health & easing arthritis pain.

TONE & TIGHTEN LOWER BODY

This class uses resistance focused range of motion exercises for each of the major lower body muscle groups to create long, lean muscles for a defined & healthy look. Class will use weights, bands & body resistance. A great lower body workout for all levels.

TONE & TIGHTEN UPPER BODY

This class uses resistance focused range of motion exercises for each of the major upper body muscle groups to create long, lean muscles for a defined & healthy look. Class will use weights, bands & body resistance. A great upper body workout for all levels.

TOTAL BODY CONDITIONING

Combines all aspects of fitness: strength, cardio, stretching & core balance to give you the best full body workout in less time. Designed to tone & sculpt muscle, improve balance & build cardiovascular endurance.

VINYASA FLOW YOGA

Experience the healing aspects of yoga while flowing from one pose to the next coordinating movement. Mindful, soothing & spirit-lifting sequences will help strengthen, stretch, tone & relax your entire body. Appropriate for all levels.

YOGA FOR ALL

A whole body experience that will leave you walking away with better alignment & a feeling of peace. Using a combination of breath techniques & movements to awaken the mind/body/spirit connection.

YOGA FUSION

A mix of traditional yoga poses incorporated with other forms of fitness, such as Pilates or resistance training. This blending of techniques focuses on combining mind & body exercises with the benefits of strength, aerobics, balance & flexibility.

YOGA SCULPT

Muscle & yoga meet. Yoga sculpt boosts metabolism & builds lean muscle. Move to music & warm up your body with a dynamic yoga flow. Next, the cross-training portion of class combines weights, bands, body weight & cardio. Create a space that is equally challenging & fun. Cool down with gentle flow & stretching before reaching Savasana.

PLEASE NOTE:

Please wear comfortable appropriate 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 complementary to our Wellness Members, Overnight, and Spa Guests. Guest Spa Day Passes are available for purchase for use of spa and wellness facility. Workshops and Special Events may be subject to additional fees.



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!