

*An investment in Life. Classically Balanced.*



# Mirbeau

## WELLNESS MEMBERSHIP

Unlimited professionally-led wellness classes

- State-of-the-art strength training equipment
- Finely-appointed locker rooms • Guest day passes
- Eucalyptus-infused steam room • Resting Area with fireplace and meditation pool • Outdoor Aqua Terrace with whirlpool, private bar, and solarium

MEMBERS ALSO RECEIVE 15% DISCOUNT OFF...

- Spa Treatments • Health & Wellness Programs
- Dining (excluding alcohol) • La Boutique • Mirbeau guest rooms (based on availability, some restrictions may apply)

## ESTATE WELLNESS MEMBERSHIP

### INDIVIDUAL

annual \$1,675  
monthly \$145

### COUPLES

annual \$2,900  
monthly \$247

## MID-WEEK WELLNESS MEMBERSHIP

Monday - Friday

### INDIVIDUAL

annual \$1,255  
monthly \$110

### COUPLES

annual \$2,175  
monthly \$186

## MONTH-TO-MONTH

### INDIVIDUAL

\$180

### COUPLES

\$320

ALL MEMBERSHIPS EXCEPT THE MONTH-TO-MONTH OPTION  
ARE 12 MONTH CONTRACTS

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

Private Session - 50 minutes | \$75

Private Session - package of 10 | \$725

Semi-Private Session - 50 minutes | \$125 (2 participants)

## PILATES APPARATUS TRAINING

Dramatically transform the way your body looks, feels and performs with our new Pilates Apparatus. Pilates builds strength without excess bulk and creates a sleek, toned body with slender thighs and a flat abdomen. (Yeah, we know – who doesn't want that?)

Private Session - 50 minutes | \$75

Private Session - package of 10 | \$725

Semi-Private Session - 50 minutes | \$125 (2 participants)

## NUTRITION CONSULTATION

Meet with our Nutrition Specialist to customize a nutrition program that meets your dietary needs.

50 minute | \$75 • 80 minutes | \$120

## 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 (up to 2 people, \$25 per each additional participant).

50 minute | \$75 • 80 minutes | \$120

## MIRBEAU BALANCED

A personal virtual wellness membership offering live-stream wellness classes, customized private coaching, and fun interactive workshops designed to promote balance, community, and longevity, delivered to you by the professional wellness teams of Mirbeau Inn & Spa.

\$39/month

Wellness offerings are available to book for any spa guest.  
Members receive 15% off listed pricing.