



# May & June Mind-Body Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6 AM</b> Strength <a href="#">Tyson</a>	<b>6 AM</b> Spin <a href="#">Stephanie</a>	<b>6 AM</b> TRX & BOSU <a href="#">Chris</a>	<b>6 AM</b> Total Body Conditioning <a href="#">Stephanie</a>	<b>6 AM</b> Sunrise Yoga <a href="#">Rosemary</a>		
<b>8 AM</b> TRX & BOSU <a href="#">Debbie</a>	<b>8 AM</b> Yoga Tone <a href="#">Katie</a>	<b>8 AM</b> Tabata <a href="#">Nicole</a>	<b>8 AM</b> Holistic Flow <a href="#">Shannon</a>	<b>7 AM</b> Spin <a href="#">Rosemary</a>	<b>8 AM</b> Tabata <a href="#">Amy</a>	
<b>9 AM</b> Spin & Restore <a href="#">Eliza</a>	<b>9 AM</b> Pilates <a href="#">Debbie</a>	<b>9 AM</b> Functional Movement Training <a href="#">Eric</a>	<b>9 AM</b> Pilates <a href="#">Debbie</a>	<b>8 AM</b> Pilates Apparatus & Prop Circuit <a href="#">Debbie</a>	<b>9 AM</b> Vitality Flow <a href="#">Vanessa</a>	<b>9 AM</b> Easy Like Sunday Morning Yoga <a href="#">Shannon</a>
<b>10 AM</b> Monday Speed Yoga <a href="#">Shannon</a>	<b>10 AM</b> Pilates Apparatus & Prop Circuit <a href="#">Debbie</a>	<b>10 AM</b> Prana, Precision & Restore Yoga <a href="#">Eliza</a>	<b>10 AM</b> Heated Vinyasa Flow <a href="#">Katie</a> Circuit Training <a href="#">Debbie</a>	<b>9 AM</b> Mir-BARRE <a href="#">Eliza</a>	<b>10 AM</b> **The Yin/Gentle Yoga <a href="#">Tina</a>	<b>10 AM</b> Mir-BARRE <a href="#">Eliza</a>
<b>1:30 PM</b> Functional Movement Training <a href="#">Eric</a>	<b>11 AM</b> TRX & BOSU <a href="#">Debbie</a>		<b>11 AM</b> Pilates Apparatus & Prop Circuit <a href="#">Debbie</a>	<b>10 AM</b> **Vitality Yoga <a href="#">Vanessa</a>	<b>12 PM</b> Classically Balanced <a href="#">Debbie</a>	<b>11 AM</b> **Essence Yoga <a href="#">Michele</a>
	<b>5 PM</b> Circuit Training <a href="#">Debbie</a>	<b>5 PM</b> TRX & BOSU <a href="#">Amy</a>	<b>5 PM</b> Dance Fusion <a href="#">Sue</a>	<b>5 PM</b> Functional Movement Training <a href="#">Eric</a>	<b>1 PM</b> **ZENTS Yoga Journey <a href="#">Sandra</a>	<b>4 PM</b> Balance & Restore Yoga <a href="#">Sandra</a>
<b>6 PM</b> **The Yin/Gentle Yoga <a href="#">Tina</a>	<b>6 PM</b> The Perfect Flow. Reset. Restore. <a href="#">Rosemary</a>	<b>6 PM</b> **Essence Yoga <a href="#">Michele</a>	<b>6 PM</b> **The Yin/Gentle Yoga <a href="#">Tina</a>			



Classes are 50 minutes unless noted: \*\* 80-Minute classes | Classes are subject to change without notice

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## Balance & Restore Yoga

This class is centered around precise universal alignments of Anusara Yoga, combined with freedom of expression and spinal wave like movements. We will pair movement with breath to relax and unwind!

## Circuit Training

Join us in the fitness room for circuit training! Challenge yourself with an exercise routine where you will move from station to station for a full body workout. Increase your cardiovascular fitness and muscle endurance while having fun. You will also have the opportunity to learn how to use various pieces of exercise equipment.

## Classically Balanced

This class will intertwine classical Pilates and BARRE exercises to strength your core for a strong and healthy back while working on balance and coordination.

## Dance Fusion

A dynamic class which begins with a jazz barre. This class includes both work at the barre as well as core exercises on the mat. Class participants will practice a dance routine based on the jazz genre and end with a dance style stretch.

## Easy Like Sunday Morning Yoga

This morning rise slowly, we focus on breath and stretch and tune into the beat of life.

## Essence Yoga™

Using yoga and Essential Oils together optimizes two very ancient practices that will bring greater unity of mind, body and spirit. Explore the grounding, uplifting, balancing and relaxing properties one drop of oil can bring. Every class is for all practice levels. 80-minute class.

## Functional Movement Training

Strength, mobility, and balance are keys to living the quality of life you desire, managing the aches and pains you don't. Learn how to stimulate your bones, muscles and nerves, while increasing your joint mobility and treating yourself to better health.

## Heated Vinyasa Flow

Follow a challenging routine of yoga asanas and flowing movements incorporating the breath, while in a room heated to 100 degrees. When your body is warm the muscles are more flexible and easier to stretch. The heat makes you sweat, releasing toxins and raising the metabolism.

## Holistic Flow

A restorative flow that will connect you to the greater world around you using the breath and specific stretching and strengthening techniques.

## Mir-BARRE

Our Signature Mir-BARRE is an all encompassing, full body workout that will trim, tighten and tone your entire body. This class fuses practices and philosophies of Yoga, Pilates, dance and stretching. Be ready to work out your seat, thighs, arms and abs by using a ballet barre as well as additional props that help engage small and accessory muscles, while toning the major muscle groups.

## Monday Speed Yoga

On Monday morning we start a little more gently and build to a nice slow simmer in your body. We align to mantra and manifest transformation in this mindful steady flow that builds to an energetic workout to kick off your week. Beyond Beginners.

## Pilates

Pilates is a challenging series of exercises designed to strengthen and tone your core (abdominal muscles). This class will teach the correct technique and flow, resulting in increased strength, flexibility and balance.

## Pilates Apparatus & Prop Circuit

Dramatically transform the way your body looks, feels and performs! Our new pilates reformer, tower, and prop circuit builds strength without excess bulk, capable of creating a sleek, toned body with slender thighs and a flat abdomen. (Yeah, we know - who doesn't want that?)

## Prana, Precision, & Restore Yoga

This class begins and ends in meditation. Using prana (breath), body and mind to shift your attention within while focusing on the subtleties of alignment as you move through asanas. All levels welcome.

## Spin

This Indoor Cycling class offers a high energy stationary bike workout that will enhance cardiovascular endurance and improve muscular strength. Participants select personal intensity levels during the workout through body position and bike tension. Space is limited so please see the Spa Desk to secure a bike.

## Spin & Restore

25 Minutes of spin to get the heart pumping, followed by 25 minutes of restorative poses to rest the mind and body to prepare you physically and mentally for the week ahead. Space is limited; please see the Spa Desk to secure a bike.

## Strength

This class is designed to enhance muscular strength, endurance and explore power. Using your own body weight, you will engage in exercises that will work every major muscle group in your body.

## Sunrise Yoga

Grab your morning zen and meet the day refreshed! This class guides you through a series of warming stretches, sun salutations, and flowing postures - all movement linked with the breath. Everyone is welcome. (When possible, class will occur outside on our Monet Deck for a breath of fresh air).

## Tabata

This 50 minute class has 5 minutes of warm up, 8 sets of Tabata sequence exercises and a 5 minute cool down/stretch. Each sequence is an interval training cycle of 20 seconds of maximum intensity exercise followed by 10 seconds of rest, repeated without pause 8 times for a total of 4 minutes.

## The Perfect Flow. Reset. Restore.

This yoga flow will focus on slow and steady stretching using the breath to connect, open, and expand. All levels welcome.

## The Yin / Gentle Yoga

Enjoy a restorative, gentle, and meditative yoga class. The physical focus will guide you to use the correct amount of tensile stress in supported poses, which can assist to renew the function of deep tissue to support your body's movements. 80-minute class.

## Total Body Conditioning

A high energy class that combines cardio, strength, and core training designed to build muscle, sculpt the midsection, and improve overall cardio fitness.

## TRX & BOSU

This class uses the TRX Suspension Straps and BOSU balance trainer to provide you with a total body workout from head to toe. All levels are welcome.

## Vitality Flow

Wake up from the outside in. Meld movement and breath for the ultimate mind-body practice. Go ahead and surrender to our mindful, soothing, spirit-lifting sequences. All levels welcome.

## Yoga Tone

This class combines strength training, weights, and cardio with breath work and classic yoga poses to create a full body workout. With Yoga Tone you will get cardiovascular conditioning, functional fitness, improved balance and flexibility, and overall strength and toning.

## Zents Yoga Journey

Calm the mind & relax the body in an aromatic yoga journey with Zents. A blend of gentle flow and restorative poses are enhanced with the biodynamic flower essences and luxurious healing aromas during this 80 minutes of zen.



Please wear comfortable, appropriate clothing for each class. Classes meet outside our Motion Studio and begin promptly on time. Access to our daily fitness schedule is complimentary to our Wellness Members, Overnight, and Spa Guests. Guest Day Spa passes are available for purchase for use of spa and wellness facility. Workshops and Special Events may be subject to additional fees.

### Spa & Wellness Hours of Operation

6am-9pm daily

Private & Group Nutrition Consultations,  
Fitness Training, and Custom Yoga  
Wellness Classes are available.

**For more information, please call**

**1-877-MIRBEAU**