



March Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	Tabata L3 Erin	TRX/BOSU L2 Stephanie	Yoga Tone L2 Erin	Spin L3 Rosemary	Sunrise Yoga L1 Rosemary		
8AM	Total Body Conditioning L3 Nicole	Mir-BARRE L2 Debbie	Tabata L3 Nicole	Classically Balanced L3 Debbie	TRX/BOSU L2 Chris	Tabata L3 Amy	
9AM	Pilates L2 Debbie	TRX/BOSU L2 Chris	Classically Balanced L3 Debbie	Mir-BARRE L3 Eliza	Pilates L2 Debbie	**Rise & Shine Yoga L2 Vanessa	Pilates L2 Chloe
10AM	*POWER Half Hour L3 Debbie	Pilates L2 Chloe	*TRX/BOSU L2 Debbie	Pilates L2 Chloe	The Function of Movement L2 Eric		Mir-BARRE L3 Eliza
10:30 AM			**Balance & Restore Yoga L1 Sandy				
11AM	The Function of Movement L2 Eric	Yin Yoga L1 Sandy		Yin Yoga L1 Sandy	Balance & Restore Yoga L1 Sandy	**Vitality Flow L2 Vanessa	Power, Precision & Prana Yoga L2 Eliza
5PM	Pilates L2 Amy	Spin Fusion L3 Rosemary	TRX/BOSU L2 Amy	Pilates L2 Chloe	Heated Purifying Salt Yoga L2		
6:30 PM			Ballet Conditioning L3 Annie				

Classes are now leveled 1-3 to help you select the intensity that you desire.
Our instructors at Mirbeau welcome everyone and will offer modifications for each exercise.

L1 | MILD INTENSITY

L2 | MODERATE INTENSITY

L3 | VIGOROUS INTENSITY

Classes are 50 minutes unless noted: *30-minute class **80-minute class | Classes are subject to change without notice

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Balance & Restore L1

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!

Ballet Conditioning L3

This class is a ballet-based workout integrating movements that lengthen and tone the body. You will engage in a total body workout utilizing the fluidity seen in a ballet class, leaving you feeling the grace of a dancer!

Classically Balanced L3

This class will intertwine Classical Pilates, Strength Training & Balance Exercises. The benefits of this class are a strong core, conditioned muscles, balance and postural alignment.

Connect & Flow L2

As we connect with our breath, body and inner awareness, we tap into the full spectrum of yoga. This allows for deepening and embodying the practice of yoga not just on your mats but off the mat as well, into our everyday lives.

Heated Purifying Salt Yoga L2

Discover the layers of mind, breath and body in this practice. Starting with meditation, we weave our way through breath/prana and explore gentle movements throughout the body working our way into restorative shapes. All while being immersed in the warm, restoring glow of Himalayan salt

Mir-BARRE L3

Trim, tighten & tone your entire body. This class fuses practices & philosophies of Yoga, Pilates, Dance & Stretching. Be ready to work your thighs, arms and abs by using a ballet barre as well as additional props that help engage small & accessory muscles, while toning the major muscle groups.

Pilates L2

Pilates is a challenging series of exercises designed to strengthened and tone your core. Learn the correct technique & flow. Resulting in increased strength, flexibility & balance.

POWER, Half Hour L3

This total body workout will get your heart pumping and your muscles working in just 30 minutes. The instructor will lead you through exercises and modifications workable for all fitness levels. If you have light dumbbells, be sure to grab them, but they are not required. Try it out see how great you will feel after this class!

Power, Precision & Prana Yoga L2

This class will build endurance, strength & flexibility with a strong focus on matching the breath to the movements. This class is for those who wish to deepen the connection between yoga postures & breath, and those who want to receive a more cardiovascular yoga workout. Plan to sweat & have fun while doing it!

Purifying Salt Meditative Movement L1

Discover the layers of mind, breath and body in this practice. Starting with meditation, we weave our way through breath/prana and explore gentle movements throughout the body working our way into restorative shapes. All while being immersed in the warm, restoring glow of Himalayan salt

Rise & Shine Yoga L2

Allow your body to yawn open with a slow-paced practice incorporating mindfulness meditation, breathing exercises and gentle movements allowing you to truly shine.

Spin L3

Our spin class offers a high-energy stationary bike workout that will enhance cardiovascular endurance and improve muscular strength. All fitness levels are welcome; space is limited.

Spin & Yin Yoga L3

This 80-minute class will incorporate a heart pumping spin workout followed by slow-paced yoga, breath + meditation to bring your body into balance as together we unite mind, body + breath.

Sunrise Yoga L1

Grab your morning zen & meet the day refreshed! The class guides you through a series of warming stretched, suns salutations & flowing postures.

Tabata L3

Challenge yourself with 8 sequences of quick maximum intensity interval trainman cycles. You'll burn calories, increase aerobic capacity, and get more out of your exercise time.

Total Body Conditioning L3

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

The Perfect Flow. Reset. Restore L2

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

The Function Of Movement L2

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

TRX & BOSU L2

This class uses the TRX suspension straps & BOSU balance trainer to provide you with a total body workout.

Vitality Yoga L2

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 utilizing traditional vinyasa flow.

Yin Yoga L1

This relaxing class incorporates slow-paced yoga, breath + meditation to bring your body into balance as together we unite mind, body + breath.

Yoga Tone L2

Classic yoga infused with strength training, weights & cardio. An all in one. You will get cardiovascular conditioning, functional fitness, improved balance & flexibility, strength & greater tone.