

# October Fitness Schedule

EFFECTIVE OCTOBER 11TH



CLASSES SUBJECT TO CHANGE WITHOUT NOTICE, SEE MIRBEAU BALANCED FOR UPDATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8AM <b>Lauren P.</b> Functional Fitness (M)	8AM <b>Sharon</b> TRX (M)	8AM <b>Lauren A.</b> Total Body Conditioning (M)	8AM <b>Sandra</b> Fit-Mix (M)	8AM <b>Sharon</b> Total Body Conditioning (M)	8AM <b>Sandra</b> Fit-Mix (M)	
	8AM <b>Grace</b> Slow Flow Yoga (Y)		8AM <b>Grace</b> Restorative Yin Yoga (Y)			
9AM <b>Lauren P</b> Dance Fit (M)	9AM <b>Sandra</b> Fit-Mix (M)	9AM <b>Sandra</b> Fit-Circuit (M)	9AM <b>Sandra</b> Cardio Fit (M)		9AM <b>Sandra</b> Core & More (M)	
9AM <b>Paul</b> Contemplative Flow (Y)	9AM <b>Grace</b> Gentle Yoga (Y)	9AM <b>Amy</b> Stretch & Breathe (Y)	9AM <b>Grace</b> Functional Yoga (Y)	9AM <b>Paul</b> Contemplative Flow (Y)		9AM <b>Tina</b> Strength, Balance & Core (M)
10AM <b>Sandy</b> Walk the Pinehills	10AM <b>Sandra</b> Core & More (M)	10AM <b>Caroline</b> Yoga Fusion (M)	10AM <b>Fang</b> Tai Chi (M)	10AM <b>Sandra</b> Strength, Balance & Core (M)	10AM <b>Sandra</b> Walk the Pinehills	
10AM <b>Andrea</b> Gentle Yoga (Y)	10AM <b>Andrea</b> Vinyasa Flow (Y)	10AM <b>Amy</b> Progressive Yoga (Y)	10AM <b>Andrea</b> Slow Flow Yoga (Y)		10AM <b>Tina</b> Vinyasa Flow (Y)	10AM <b>Tina</b> Vinyasa Flow (Y)
	11AM <b>Phillip</b> Indoor Cycling (M)	11AM <b>Sandra</b> Walk the Pinehills	11AM <b>Phillip</b> Indoor Cycling (M)	11AM <b>Sandra</b> Walk the Pinehills		
4PM <b>Caroline</b> Total Body Conditioning (M)*	4PM <b>Lisa</b> Strength, Balance & Core (M)	4PM <b>Tina</b> Total Body Conditioning (M)				
5PM <b>Caroline</b> Gentle Yoga (Y)	5PM <b>Natalie</b> Qi Gong (Y)	5PM <b>Tina</b> Vinyasa Flow (Y)	5PM <b>Bailey</b> Yoga Sculpt (M)			
			6PM <b>Bailey</b> Gentle Yoga (Y)			

## DAILY GUIDED MEDITATION

12PM - 3PM in the Yoga Studio

\*Classes will also be live streamed through Zoom on Mirbeau Balanced | All classes are 50-minutes | "Y": Yoga Studio "M": Motion Studio

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# Class Descriptions

## CARDIO FIT

This total body non-stop workout features twenty (20) minutes of cardio (cycling/step/boxing), twenty (20) minutes of strength training and ten (10) minutes of core focused exercises.

## CONTEMPLATIVE FLOW

An innovative Yoga, Tai-Chi and Chi Kung workout incorporating both dynamic and static postures to build flexibility and strength.

## CORE & MORE

This class focuses on strengthening your core (the deep muscles of the body that help support your pelvis, spine, glutes, back, hips and stomach). Class may use body weight, bars, exercise balls, and Pilates rings.

## DANCE FIT

Take a trip around the world through music in this dance-based exercise class. Designed to improve cardiovascular fitness and burn calories, all while having fun!

## FIT-CIRCUIT

A high energy, full body workout that utilizes stations and intervals. Expect to be challenged and rev up your metabolism.

## FIT-MIX

A little bit goes a long way. Mix it up with cardio, strength, stretch, and more! Leave feeling energized and balanced.

## FUNCTIONAL FITNESS

A practice focusing on functional movement and body mechanics. Work toward improved posture, alignment, strength, stability & balance, all while helping to alleviate discomfort and pain.

## FUNCTIONAL YOGA

A practice focusing on functional movement and body mechanics. Work toward improved posture, alignment, strength, stability & balance, all while helping to alleviate discomfort and pain.

## GENTLE YOGA

A slow-moving, mindful yoga class that will leave you walking away with better alignment and a feeling of peace. We target all areas of the body to create flexibility, strength and balance. This class is perfect for beginners.

## GUIDED MEDITATION

Enjoy a guided meditation in our yoga studio. The room will be set with bolsters and props for your relaxation. Guided meditation will loop at 30-minute intervals.

## INDOOR CYCLING

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

## PROGRESSIVE YOGA

A progressive vinyasa flow designed to build focus, endurance, and flexibility. You will be guided through sequences at a steady pace that take your body through its entire range of motion and test your strength. Practice will be fluid, creative, energizing, and challenging.

## QI GONG

A moving meditation with conscious breathing. Very relaxing and energy building. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being. Qigong has both psychological and physical components and involves the regulation of the mind, breath, and body's movement and posture.

## RESTORATIVE YIN YOGA

A slow moving class that creates flexibility at a deep level of musculoskeletal anatomy. Poses are held 3-5 minutes, with the option of support. Release stiffness and create suppleness in the connective tissue.

## SLOW FLOW YOGA

In this slow flowing vinyasa-styled class you will move through a rhythmic combination of poses which are linked by various breathing techniques. You will pause in each asana and focus on alignment and proper form.

## 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.

## STRETCH & BREATHE

Learn how to use active muscular stretching and breathing exercises to achieve and maintain relaxation and 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.

## TOTAL BODY CONDITIONING

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

## TRX

This class uses TRX suspension straps to provide you with a total body workout.

## VINYASA FLOW YOGA

Experience the healing aspects of yoga while flowing from one pose to the next coordinating breath and movement. Mindful, soothing and spirit lifting sequences will help strengthen, stretch, tone and relax your entire body.

## WALK THE PINEHILLS

Join us for a walk along the winding trails through the beautiful Pinehills. Meet in the spa lobby, weather permitting. Open to all wellness members.

## YOGA FUSION

Yoga Fusion is a hybrid form of fitness that combines traditional yoga with elements from either forms of exercise, such as Pilates, Barre, Strength training, cardio, and more. It offers a unique experience to help you reach your fitness goals.

## YOGA SCULPT

Warm up with yoga flow and transition into cross-training using weights, bands and cardio. Cool down with a gentle flow that includes stretching before reaching Savasana. Boosts metabolism and builds lean muscle.

**Please note:** classes are subject to change without notice. Wear comfortable appropriate clothing for each class. Access to our daily fitness schedule is complimentary to our Wellness Members, Overnight, and Spa Guests.