

An investment in Life. Classically Balanced.



## Your Well-Deserved Investment...

- Unlimited professionally-led wellness classes
- Mirbeau Balanced virtual wellness program
- State-of-the-art fitness center with Peloton Bikes
- Access to Spa Mirbeau
- Receive 15% off all purchases at all Mirbeau locations (excluding alcohol & holiday events)
- Receive 15% off overnight rates at any of our Mirbeau Inn & Spa locations (restrictions may apply)
- Member Events
- Preferred Reservations
- Up to 10 day visits at any of our sister Spa Mirbeau locations
- Annual members receive : 6 day passes per year for you to bring a guest

## ESTATE WELLNESS MEMBERSHIP

### INDIVIDUAL

1 annual payment: \$1,955  
12 monthly payments: \$175

### COUPLES

1 annual payment: \$3,410  
12 monthly payments: \$295

## MID-WEEK WELLNESS MEMBERSHIP

Monday - Friday

### INDIVIDUAL

1 annual payment: \$1,565  
12 monthly payments: \$140

### COUPLES

1 annual payment: \$2,725  
12 monthly payments: \$240

## MONTH-TO-MONTH

Limited Availability

### INDIVIDUAL

\$210

### COUPLES

\$370

All memberships except the month-to-month option are 12 month contracts.

Membership inquiries may be submitted to [clubplymouth@mirbeau.com](mailto:clubplymouth@mirbeau.com).

# Health & Wellness

## PERSONAL TRAINING

Ensure you are maximizing the benefits of your workout with one of our motivating trainers. Our certified personal trainers will work with you one on one to create custom workouts based on your fitness goals.

### Private Session

50 minutes | \$85 • 80 minutes | \$120

### Package of 10

50 minutes | \$720 • 80 minutes | \$1020

Each additional person is \$30 | Add Spa Day Pass \$30 per person

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## 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, cycle, full body sculpt, core strength, and more.

### Private Session

50 minutes | \$85 • 80 minutes | \$120

Each additional person is \$30 | Add Spa Day Pass \$30 per person

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## HEALTH COACHING

Work with a Health Coach to achieve your wellness goals in the areas of fitness, nutrition, weight management, stress reduction, sleep, smoking cessation, and overall wellness. Our certified coaches will work with you one on one to create lifestyle changing strategies.

### Private Session

50 minutes | \$95 • 80 minutes | \$130

### Package of 10

50 minutes | \$800 • 80 minutes | \$1100

Add Spa Day Pass \$30 per person

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## MIRBEAU BALANCED VIRTUAL MEMBERSHIP

A personal virtual wellness membership delivered to you by the professional wellness teams of Mirbeau Inn & Spa featuring unlimited access to 40+live-stream classes, 100+ classes on-demand, and customized private coaching. Visit [mirbeaubalanced.com](http://mirbeaubalanced.com) to learn more.

\$39/month

Wellness offerings are available to book for any spa guest.