



January Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9:15 am Contemplative Flow - Paul(Y)</p> <p>10:30 am Vinyasa Flow - Deb(Y)</p> <p>5 pm Restorative Flow - Heather(Y)</p>	<p>8 am Athletic Yoga - Grace (Y)</p> <p>9:15 am Indoor Cycling - Phillip</p> <p>Gentle Yoga - Grace(Y)</p> <p>10:30 am Vinyasa Flow - Deb(Y)Y)</p> <p>4 pm Hatha Yoga - Lisa(M)</p>	<p>8 am Tone & Tighten - Lower Body - Lauren(M)</p> <p>9:15 am Tone & Tighten - Upper Body - Lauren(M)</p> <p>Vinyasa Flow - Angela(Y)</p> <p>10:30 am Yoga Fusion - Erinn</p> <p>5:30 pm Hatha Yoga - Melissa(Y)</p>	<p>9:15 am Gentle Yoga - Gillian(Y)</p> <p>Total Body Conditioning - Angela(M)</p> <p>10:30 am Tai Chi - Fang(M)</p> <p>Stretches for Self-Care - Grace(Y)</p> <p>4 pm Strength Balance & Core - Lisa(M)</p> <p>6pm Yoga for All - Bailey(Y)</p>	<p>9:15 am Indoor Cycling - Bob</p> <p>Vinyasa Flow - Bailey(Y)</p> <p>10:30 am Hatha Yoga - Bailey(Y)</p> <p>4 pm Core & Restore Yoga - Bailey(M)</p>	<p>8 am Total Body Conditioning - Angela(M)</p> <p>9:15am Gentle Yoga - Mikaela(Y)</p>	<p>8:30 am Back to Basics Yoga Deb(Y)</p> <p>9:45 am Mindfulness in Motion Deb(Y)</p>



Classes are 50 minutes each | Schedule effective 3/1/2020 | Classes are subject to change without notice

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Athletic Yoga Use yoga to improve strength, flexibility, range of motion, mindfulness and determination, resulting in better performance in your sport pursuits, a cleared mind and an overall transformation in how you can use yoga in your training, and in life.

Back to Basics Yoga If you're just getting started on your yoga journey, haven't practiced for a while, or find yourself wanting to focus on the foundations of your practice, this yoga class is for you. Expect to feel stronger, more flexible, and have an increased awareness, both on and off your yoga mat.

Contemplative Flow An innovative Yoga, Tai-Chi and Chi Kung workout incorporating both dynamic and static postures that build flexibility and overall strength, leaving you feeling centered and calm. Using controlled breathing, meditative concentration, and a carefully structured series of stretches, movements, and postures to music, our instructors create a holistic workout that brings the body into a state of harmony and balance.

Hatha Yoga Yoga postures & breath work will be combined to calm the mind and exercise the body. Students will practice balance postures, work on increasing flexibility where it's needed, and gain strength. Each class will end with the traditional quiet of Savasana to complete the practice.

Gentle Yoga Focus on deep stretches and breathing during this relaxing yoga practice.

Indoor Cycling Our indoor theater cycling 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 to 12 participants on a first-come, first-serve basis.

Mindfulness in Motion Come to clear your mind, move your body, and center your soul. You'll leave feeling refreshed & more self-aware - plus you'll gain clarity on how to maintain a sense of mindful ease throughout the week.

Tai-Chi This is an ancient Chinese form of slow exercise that incorporates meditation with powerful deliberate movements. This class will promote healing and prevent injuries while increasing your range of motion and breathing. Participants will work on improving mental focus, coordination, and overall health while helping ease arthritis.

Total Body Conditioning A full body workout that targets all of the major muscles groups. This class is designed to strengthen and tone the body while empowering the mind. Whether you are new to fitness or advanced, you are sure to be challenged and have fun.

Vinyasa Flow This class is all about timing movements with your breathing. Our instructors will guide you through a smooth series of poses that synchronize into a dance-like flow. Vinyasa Flow is a great way to release tension and improve flexibility.

Yoga Fusion A mix of traditional yoga poses incorporated with another form of fitness, such as Pilates or resistance training. This blending of techniques focuses on combining mind and body exercises with the benefits of strength, aerobics, balance and flexibility.

Yoga for All - A whole body experience that will leave you walking away with a total body alignment and feeling of peace. Using a combination of breath techniques and body movements to awaken the body mind spirit connection.