

An investment in Life. Classically Balanced.



- Unlimited professionally-led wellness classes
- State-of-the-art strength training equipment
 - Finely-appointed locker rooms
 - Guest day passes
 - Eucalyptus-infused steam room
 - Resting Area with fireplace and meditation pool
 - Outdoor Aqua Terrace with whirlpool, private bar, and solarium

MEMBERS ALSO RECEIVE 15% DISCOUNT OFF...

- Spa Treatments
- Health & Wellness Programs
- Dining (excluding alcohol)
- La Boutique
- Mirbeau guest rooms (based on availability, some restrictions may apply)

ESTATE WELLNESS MEMBERSHIP

INDIVIDUAL

annual \$1,675
monthly \$145

COUPLES

annual \$2,900
monthly \$247

MID-WEEK WELLNESS MEMBERSHIP

Monday - Friday

INDIVIDUAL

annual \$1,255
monthly \$110

COUPLES

annual \$2,175
monthly \$186

MONTH-TO-MONTH

INDIVIDUAL

\$180

COUPLES

\$320

ALL MEMBERSHIPS EXCEPT THE MONTH-TO-MONTH OPTION
ARE 12 MONTH CONTRACTS

Membership inquiries may be submitted to
clubplymouth@mirbeau.com

Health & Wellness

FUNCTIONAL MOVEMENT TRAINING

Meet with one of our certified Exercise Physiologist who will design a safe exercise program to meet your fitness goals.

Private Session - 50 minutes | \$75

Private Session - package of 10 | \$725

Semi-Private Session - 50 minutes | \$125 (2 participants)

PILATES APPARATUS TRAINING

Dramatically transform the way your body looks, feels and performs with our new Pilates Apparatus. Pilates builds strength without excess bulk and creates a sleek, toned body with slender thighs and a flat abdomen. (Yeah, we know – who doesn't want that?)

Private Session - 50 minutes | \$75

Private Session - package of 10 | \$725

Semi-Private Session - 50 minutes | \$125 (2 participants)

NUTRITION CONSULTATION

Meet with our Nutrition Specialist to customize a nutrition program that meets your dietary needs.

50 minute | \$75 • 80 minutes | \$120

PRIVATE & SEMI-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, aerobics, core strength, and more (up to 2 people, \$25 per each additional participant).

50 minute | \$75 • 80 minutes | \$120

MIRBEAU BALANCED

A personal virtual wellness membership offering live-stream wellness classes, customized private coaching, and fun interactive workshops designed to promote balance, community, and longevity, delivered to you by the professional wellness teams of Mirbeau Inn & Spa.

\$39/month

Wellness offerings are available to book for any spa guest.
Members receive 15% off listed pricing.

MIRBEAU.COM • 1.877.MIRBEAU
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