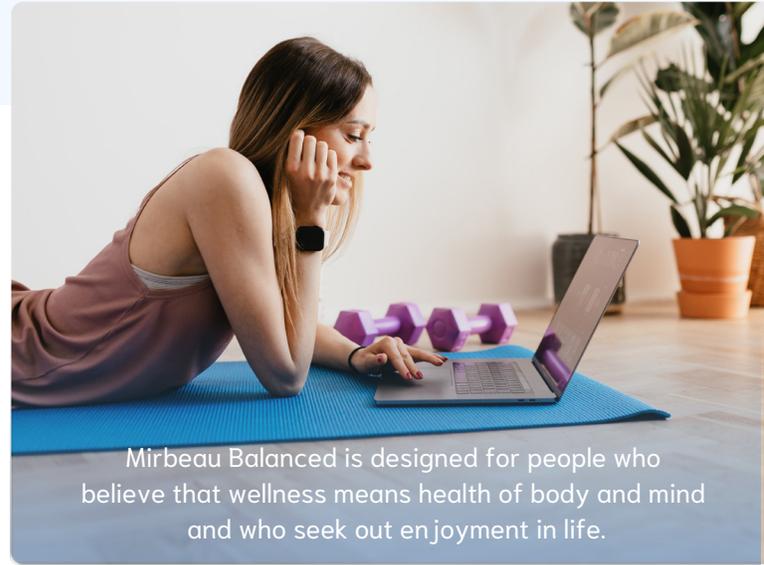




Mirbeau Balanced

A personal virtual wellness membership designed to promote balance, community and longevity featuring:

- Over 80 interactive live-stream wellness classes weekly
- On-demand classes updated monthly
- Customized private coaching
- New virtual events and workshops monthly



Mirbeau Balanced is designed for people who believe that wellness means health of body and mind and who seek out enjoyment in life.

The Benefits

Personalized Experience // Members can talk to instructors and ask questions in our live-stream classes, which creates a unique and supportive atmosphere.

Experienced Instructors // Our professional team of 35 experienced instructors is well-versed in teaching quality classes and offering exercise modifications.

Accountability // Instructors welcome each participant and create a sense of motivation where everyone feels a part of a strong community of like-minded individuals.

Convenience // Participants find it easier to maintain a wellness schedule by being able to conveniently take classes with their favorite instructors from home or while traveling.

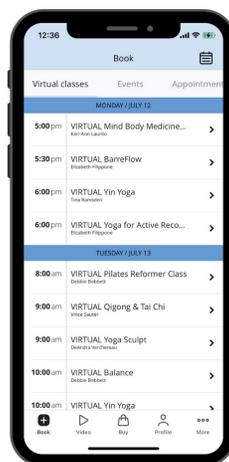
Specialty Classes // Our experienced staff is qualified to teach classes suitable for different abilities and limitations, which allows us to offer unique classes and workshops.

Variety // With our large and diverse instructor team, our class schedule adapts and develops as our membership grows.

Live Classes

The wide selection of classes includes Yoga, Tai Chi, Pilates, Barre, Balance, Mobility, Cardio Tone as well as specialty classes like Chair Fitness, Low Impact Cardio, and Pelvic Conditioning.

Members sign up for classes either on our website or the Mirbeau Balanced mobile app. A join link is emailed 30 minutes prior to class start time.



Mirbeau Balanced App
FREE DOWNLOAD!



On-Demand Classes

Videos are added monthly to the on-demand library, so there are always new options.

On-demand classes may be viewed from a computer or mobile device from the Mirbeau Balanced app.

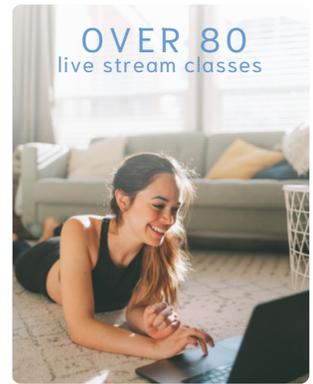
Virtual Events & Workshops

Each month, new events and workshops that are free or discounted for members are featured on topics related to all dimensions of wellness, including physical, emotional, social, spiritual, and intellectual.

Instructor Team

Our professional wellness team consists of Certified Wellness Instructors, Exercise Physiologists, Personal Trainers, Health Coaches, Nutritionists, Yoga Therapists, Classically Trained Pilates Instructors, Dance Instructors, Reiki, Tai Chi Masters, and Culinary Experts.

These instructors teach our live classes and also offer virtual private and group coaching sessions.



Individual & Corporate Wellness Programs

A Mirbeau Balanced individual membership includes unlimited access to over 80 live stream classes offered 7-days-a-week as well as our on-demand library and virtual events. It is important to us to support the health and wellbeing of individuals in our local communities and businesses. We also offer corporate memberships for small and medium-sized organizations with customizability and tiered program packages.

Supporting Small & Medium-Sized Businesses

With our dedicated team of instructors and the qualifications of the Mirbeau Balanced management team to curate classes and services that inspire a commitment to one's health and wellbeing, we are excited to grow our community and connect with small and medium-sized businesses. We seek to offer personalized virtual wellness memberships that suit the budget and needs of each organization with the goal to create balance, boost productivity, reduce stress and increase employee engagement. Joining forces to achieve these goals increases employee retention and also serves as an acquisition tool to build a quality work team.

Mirbeau Balanced offers several options for small and medium-sized businesses to support the health and wellbeing of each employee.

Virtual Classes

Access to over 80 live-stream classes weekly plus on-demand video library.

\$100 / month (3-4 participants)

\$150 / month (5-19 participants)

\$250 / month (20-49 participants)

\$350 / month (50-99 participants)

\$450 / month (100-249 participants)

\$550 / month (250-499 participants)

Virtual Classes + Health Coaching

Entry to all live-stream classes, on-demand videos plus 1-on-1 Health Coaching featuring private messaging with your Coach, goal setting, phone calls, photo food journaling, metrics and fitness tracking.

\$120+ / month (per participant)

Virtual Workshops

Add on customized group workshops for your team in a variety of specialties including Health Coaching, Mind-Body Practice, Nutrition etc.

\$200 / workshop

We welcome you to contact us to learn more about how Mirbeau Balanced can customize a corporate wellness program for you or your company. Please email Krissy Wolak kristinaw@mirbeau.com

For more information about Mirbeau Balanced, please visit our website: www.mirbeaubalanced.com



About Mirbeau

Mirbeau Balanced emerged from Mirbeau Inn & Spa, a luxury resort and spa that includes four locations in Skaneateles NY, Albany NY, Plymouth MA and Rhinebeck NY. For two decades, Mirbeau has made it our mission to offer short respites so that our guests and members may be poised to take advantage of all the opportunities that technology, communication and life offers us.

In March 2020, our team of top-level instructors from all Mirbeau locations united during a time of great uncertainty with a powerful sense of purpose: To support the health and wellbeing of our members and friends. This call to action has grown stronger as the effects of the pandemic and the hectic pace of modern life continue to negatively impact our health and wellbeing. It is our belief that by including all dimensions of wellness in our virtual programming, we can help our members to live happier and healthier lives.

Management Team

This is the team of managers overseeing operations and virtual program development.



Krissy Wolak

Krissy is our Virtual Wellness Manager for Mirbeau Balanced. She has a BA in Business Administration and a Masters in Hospitality and Tourism Management. Krissy is an ACE and WITS Certified Personal Trainer. She is also a Certified Fitness Kickboxing and Cycling Instructor as well as an ASCA Level 2 Swim Coach. As a collegiate swimmer, she gained an appreciation for the art of balance in life. Her motivation is to help people of all ages to explore different ways to move and support them on the windy path to taking care of ourselves.



Debbie Bobbett

Debbie is the Wellness Manager at Mirbeau in Skaneateles. She has a BS in Exercise Science and Master's in Health Education. She is an ACSM Personal Trainer and Cancer Exercise Specialist. Debbie has worked in corporate fitness and taught at clinics, hospitals and universities. She makes it her mission to go above and beyond for our members to provide them with the attention and help they need. Debbie's love for what she does is felt by all who meet her and participate in her classes.



Robyn Halstein

Robyn, the Wellness Manager at Spa Mirbeau in Albany, has a BS in Exercise Physiology and a Masters in Kinesiology. She has worked in corporate fitness, commercial fitness, cardiac rehab, medical-based wellness centers and universities. Robyn has been teaching group exercise classes for over 20 years as an ACE Certified Instructor, and still loves to lead a class.



Catherine Sinclair

As Vice President of Spa Operations, Catherine brings over 15 years of hospitality experience across all departments of our Mirbeau 4 and 5 star luxury resorts. Her previous experience as Sales Manager, Resort Manager and Spa Director provides a strong understanding and appreciation for all that goes into running a successful operation in which guests and members are provided all they need to feel cared for and their wellbeing supported.

OCT 2022	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM		*TOTAL BODY CONDITIONING MEREDITH		*TABATA 30 MIN - BETH	*RESTORATIVE YOGA STEPHANIE		
6:30AM	HIIT & YOGA 30 MIN - SHANNON		HIIT & YOGA 30 MIN - SHANNON				
7:00AM	MORNING STRETCH 30 MIN - SHANNON	ENERGIZING YOGA 30 MIN - LINDSAY	MORNING STRETCH 30 MIN - SHANNON	ENERGIZING YOGA 30 MIN - LINDSAY	*RETRO CARDIO FIT MEREDITH		
7:30AM		MENTATION 30 MIN - LINDSAY	MENTATION 30 MIN - LINDSAY	MENTATION 30 MIN - LINDSAY			
8:00AM	*SCULPT & STRETCH HEATHER	LOW IMPACT CARDIO 30 MIN - DEBBIE	PILATES DEBBIE	LOW IMPACT CARDIO 30 MIN - DEBBIE	*SCULPT & STRETCH DANIELLE GENTLE YOGA JOLENE	*TABATA AMY	
8:30AM		*CORE & MORE 30 MIN - CHRISTINE		*CORE & MORE 30 MIN - ROBYN	*QIGONG & TAI CHI CURT	*QIGONG & TAI CHI CURT	*CORE & MORE 30 MIN - CURT
9:00AM	*PILATES DEBBIE	*YOGA SCULPT WENDY	*SCULPT & STRETCH NINA	*FULL BODY HIIT ROBYN	*PILATES DEBBIE	*SCULPT & STRETCH NINA	*GENTLE YOGA CURT
	*FULL BODY HIIT ROBYN		MOBILITY ERIC		*QIGONG & TAI CHI CURT		*TRX/BOSU DEBBIE
9:30AM		CHAIR FITNESS 30 MIN - JOLENE		CHAIR FITNESS 30 MIN - JOLENE			
10:00AM	*BALANCE DEBBIE	*POWER YOGA JOLENE	*BALANCE DEBBIE		MOBILITY ERIC	*GENTLE YOGA NINA	*BARREFLOW DENISE
	*CORE & MORE 30 MIN - ROBYN		*GENTLE YOGA NINA		*VIN YOGA NINA		
10:30AM		*UPPER BODY & CORE LINDSAY		*GLUTES, ABS, ARMS LINDSAY			
11:00AM	*YIN YOGA WENDY	*GENTLE YOGA GENII	*INSPIRE & REFLECT YOGA LINDSAY	*YOGA RESTORE DEANDRA	*HATHA YOGA NINA	*VINYASA YOGA CURT	*SUNDAY VARIETY MIX
	*MOBILITY ERIC			*PAUSE & FLOW ERIC	*RESTORATIVE YOGA DEBBIE		
12:00PM	*GENTLE YOGA KIM	*SCULPT & STRETCH CHRISTINE	*YOGA & MINDFULNESS KIM	*YOGA SCULPT DEANDRA			
4:00PM		*BALANCE & STRENGTH LISA			*GENTLE YOGA DEBBIE		
4:30PM	*PELVIC CONDITIONING 30 MIN - AMY			PELVIC CONDITIONING 30 MIN - AMY			
5:00PM	YOGA RESTORE JOLENE	*TABATA DEBBIE	*TOTAL BODY CONDITIONING NICOLE	*RETRO CARDIO FIT MEREDITH	*POWER YOGA DEBBIE		
		*YOGA SCULPT DEANDRA	*YIN/RESTORATIVE YOGA LINDSAY				
5:30PM	*PLYOGA 30 MIN - MELLISSA		*PILATES EXPRESS 30 MIN - NINA		RESTORATIVE YOGA SHANNON		
6:00PM	*GENTLE YOGA MELLISSA	STRONG & CALM 30 MIN - SHANNON	*HATHA YOGA NINA	STRONG & CALM 30 MIN - SHANNON			
	VIN YOGA 80 MIN - TINA	*GENTLE HATHA YOGA DEANDRA		VIN YOGA 80 MIN - TINA			
6:30PM	GLUTES & CORE 30 MIN - CURT	SLOW STRETCH 30 MIN - SHANNON	ARMS & CORE 30 MIN - CURT	SLOW STRETCH 30 MIN - SHANNON			
7:00PM	MENTATION 30 MIN - LINDSAY		MENTATION 30 MIN - LINDSAY				



SCAN HERE TO LEARN MORE ABOUT OUR OVER 80 VIRTUAL CLASSES!



WWW.MIRBEAUBALANCED.COM

ALL CLASSES 50 MIN UNLESS OTHERWISE NOTED