



# Mirbeau Balanced

## CORPORATE WELLNESS MEMBERSHIP

### Mirbeau Balanced

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

- 40+ interactive livestream wellness classes weekly
- 100+ on-demand videos
- Customized private coaching
- New virtual events and workshops monthly

### View Class Schedule

[WWW.MIRBEAUBALANCED.COM/CLASSES](http://www.mirbeaubalanced.com/classes)

The wide selection of 40+ livestream classes offered 7-days-a-week includes Yoga, Pilates, Barre, Balance, Mobility, Strength, HIIT, Stretch, and Low Impact Cardio.

### Instructor Team

[WWW.MIRBEAUBALANCED.COM/INSTRUCTORS](http://www.mirbeaubalanced.com/instructors)

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

### Download Free App

[WWW.MIRBEAUBALANCED.COM/MOBILEAPP](http://www.mirbeaubalanced.com/mobileapp)

Easily sign up for classes and view on-demand videos with the Mirbeau Balanced app. A join link is available within the app and also emailed 45 minutes prior to class start time.

### Virtual Classes Discount

Employees receive a discounted membership rate (\$29/month) providing unlimited virtual class access.

- Visit [www.mirbeaubalanced.com/membership](http://www.mirbeaubalanced.com/membership)
- Click \$39/month
- Enter promo code

### Virtual Coaching Discount

Employees also receive a discounted single session rate (15% off) Health Coaching, Personal Training, and Yoga Therapy.


- Visit [www.mirbeaubalanced.com/coaching](http://www.mirbeaubalanced.com/coaching)
- Click single session price
- Enter promo code

### Personalized Employee Wellness

Customize a program for your employees including Private Group Classes, Employee Wellness Breaks, Small Group Training, Group Health Coaching, Wellness Challenges and more.

### On-Site Wellness Retreat

Organize a corporate wellness retreat at any of our on-site spa resort locations in Rhinebeck NY, Skaneateles NY, Albany NY, or Plymouth MA.

Scan the QR   
to visit our website

