



## Mirbeau Balanced

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

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

## The Benefits

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

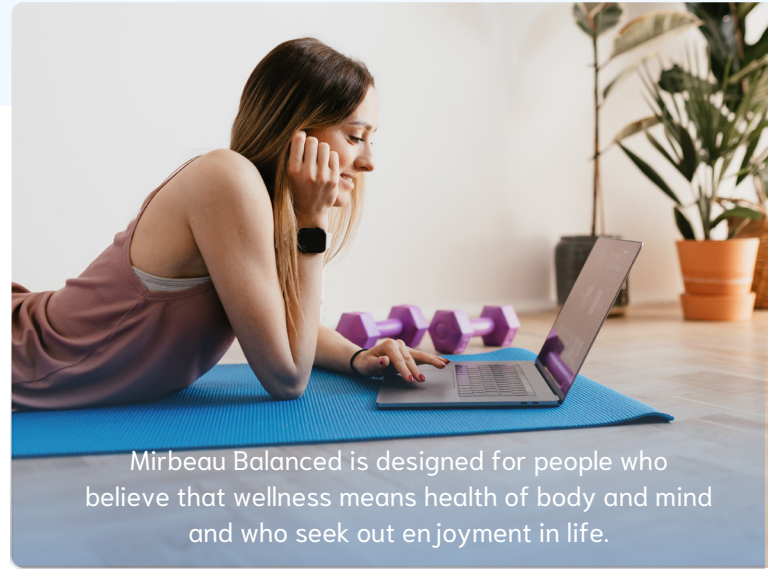
**Experienced Instructors** // Our professional team of 35 experienced instructors is well-versed in teaching quality classes and offering exercise modifications.

**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.

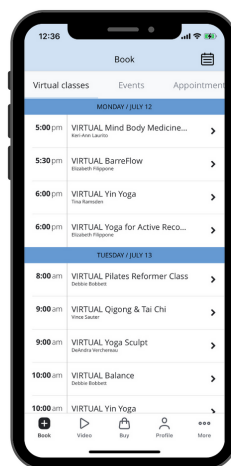


Mirbeau Balanced is designed for people who believe that wellness means health of body and mind and who seek out enjoyment in life.

## Live Classes

The wide selection of livestream 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 45 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.

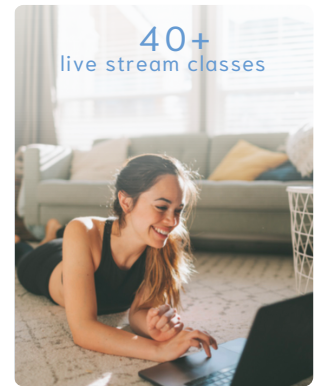
On-demand classes may be viewed from a computer or mobile device from the Mirbeau Balanced app.

## 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 and Tai Chi Masters. 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 40+ livestream 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 customizable 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 40+ livestream classes weekly and 100+ on-demand classes.  
Discounted monthly membership rate.  
\$29 / month (25% off)

### Virtual Coaching

Health Coaching, Personal Training, or Yoga Therapy. Coaching memberships include virtual classes access.  
Discounted single session rate.  
\$39/ session (15% off)

### Custom Wellness Challenge

Curated month-long program to increase engagement and encourage positive lifestyle behaviors, occurring several times per year. Employer-sponsored.  
\$299 / challenge

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 Lacey [klacey@mirbeau.com](mailto:klacey@mirbeau.com)

For more information about Mirbeau Balanced, please visit our website: [www.mirbeaubalanced.com](http://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 Lacey*

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 a NBHWC Health Coach and 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. Her motivation is to help people of all ages and abilities 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 and IIN Health Coach. 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 and work with her.



*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.



# Mirbeau Balanced Virtual Schedule

APRIL 2024	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Dance Cardio & Stretch Meredith	Strong & Calm Debbie	Cardio & Core Meredith	WoMen & Weights Meredith	Strong & Calm Rosemary		
8:00 AM	Cardio Tone Robyn	Pilates Fusion Danielle	Pilates Debbie	Glutes, Abs & Arms Christine	Sculpt & Stretch Jessie	Tabata Amy	Strong & Calm Debbie
9:00 AM	Pilates Debbie	WoMen & Weights Meredith	Cardio Tone Robyn	Tabata Christine	Pilates Debbie	Sculpt & Stretch Nina	Gentle Yoga Curt
10:00 AM	Classically Balanced Debbie	Hatha Yoga Geni	Classically Balanced Debbie	Yoga Sculpt DeAndra	B4 Debbie	Gentle Yoga Nina	Barre Flow Denise
11:00 AM	Mobility Eric	Pause & Flow Eric	Inspire & Reflect Kim	Gentle Yoga DeAndra	Pause & Flow Eric	Vinyasa Flow Curt	Inspire & Reflect Yoga Cheryl
12:00 PM	Gentle Yoga Kim	Heart, Body & Soul Christine	Mobility Eric	Heart, Body & Soul Robyn			
4:00 PM	Total Body Conditioning Caroline	Strength, Balance & Core Lisa	Yoga for Back Pain Wendy	Pilates for Posture Debbie			
5:00 PM	Gentle Yoga Wendy	Tabata Rosemary	Pilates Nina	Strong & Calm Debbie	Restorative Yoga Mary		
6:00 PM	Yin Yoga** Sandy	Inspire & Reflect Yoga DeAndra	Deep Core & Restore Nina	Yin Yoga** Sandy			



SCAN QR TO LEARN ABOUT OUR LIVE CLASSES, VIDEOS & EVENTS!



MIRBEAU AT HOME

All classes are 50 minutes unless otherwise noted | \*\*80-minute classes

[WWW.MIRBEAUBALANCED.COM](http://WWW.MIRBEAUBALANCED.COM)