

May Resort Activity Schedule



MONDAY

7:30 - 8:30 AM
ENERGY SCULPT
Maggie

8:30 - 9 AM
TABATA
Holly

9:15 - 10:15 AM
SPIN
Holly

9:30 - 10:30 AM
Complimentary
PERSONAL TRAINING
in Fitness Room
Debbie

10:30 - 12 PM
YOGA
Judi Ann

4:15 - 5:15 PM
PILATES
Debbie

5:30 - 6 PM
MOVING
MEDITATION
Tina

6 - 7:30 PM
GENTLE/YIN YOGA
Tina

5PM - ON
Member's Night.

TUESDAY

6:30 - 7:30 AM
SPIN
Sandy

7:45 - 8:45 AM
COREBARRE
Debbie

9 - 9:15 AM
Feed the Koi Fish
Monet Bridge

9 - 10:30 AM
YOGA
Georgia

10:30 - 11AM
TABATA
Holly

11:15 - 12 PM
SPIN
Holly

4:30 - 5:30 PM
GENTLE FLOW
YOGA
Sue B

5:30 - 6 PM
AB LAB
Sue B

6 - 7 PM
HOOPING
Dena

5PM - ON
Members' Drink Night

WEDNESDAY

8 - 8:45 AM
BAREFOOT POWER
Sue B

8:45 - 9:30 AM
SPIN
Sue

9:30 - 10:30 AM
PILATES
Debbie

10:30 - NOON
SLOW FLOW HATHA
YOGA
Tina

12 - 12:30PM
TABATA
Maggie

12:30 - 1:30 PM
STRETCH & FLEX
Maggie

5 - 6 PM
BAREFOOT POWER
Sue B

6:30 - 7:30 PM
SPIN
Amy

5PM - ON
Women & Wine \$
Wine Bar

THURSDAY

7:45 - 8:45 AM
COREBARRE
Debbie

8 - 8:30AM
TABATA
in Fitness Room
Maggie

9 - 9:15 AM
Feed the Koi Fish
Monet Bridge

9 - 10 AM
SPIN
Maggie

10 - 10:30AM
TABATA
Maggie

10:30 - 11AM
STRETCH & FLEX
Maggie

5 - 6 PM
SPIN
Sandy

6 - 7:30 PM
GENTLE/YIN YOGA
Tina

5PM - ON
The 851 Sandwich
and Drink \$

FRIDAY

7 - 8 AM
SPIN
Maggie

8 - 9 AM
ENERGY SCULPT
Maggie

9 - 9:30 AM
STRETCH & FLEX
Heidi

9:30 - 10 AM
AB LAB
Heidi

10 - 11:30 AM
ESSENCE YOGA
Michele

5 - 6 PM
Manager's Reception
Wine Bar

6 - 9 PM
Seafood Raw Bar \$
Wine Bar

SATURDAY

8 - 9 AM
SPIN
Gigi

9 - 9:15 AM
Feed the Koi Fish
Monet Bridge

9 - 9:30 AM
TABATA
Gigi

9:30 - 10:30 AM
FITNESS WALK
Debbie/Gigi

9:30 - 11 AM
SLOW FLOW HATHA
YOGA
Tina

11 - 12:30 PM
GENTLE YIN YOGA
Tina

9PM - 11PM
Late Night Happy Hour \$

SUNDAY

8 - 9 AM
SPIN
Gigi/Maggie

9 - 10 AM
GENTLE FLOW
YOGA
Sue B

9 - 9:30 AM
TABATA
in Fitness Room
Gigi/Maggie

9:30 - 10:30 AM
FITNESS WALK
Tina

10:15 - 11:15 AM
BAREFOOT POWER
Sue B

11:30 - 3 PM
Sunday Buffet Brunch \$

HEALTH & WELLNESS
 RESORT
\$ ADDITIONAL CHARGE

Resort Activities

Experiences You Can Take Home With You

AB LAB

This 30 minute focused workout uses cutting edge abdominal and lower back exercises to increase core strength while improving balance and posture. Appropriate for all fitness levels.

BAREFOOT POWER

This is a barefoot class that warms up the entire body. It encompasses cardio movements, strength training using hand weights, balance, toning and core work. A series of deep stretching exercises completes the hour. Come and feel the power of barefoot training.

COMPLIMENTARY PERSONAL TRAINING

Meet with one of Mirbeau's Certified Personal Trainers - they will give you specific exercises to help you achieve your own fitness goals

COREBARRE

This class focuses on developing a long, lean and more graceful body. As you move through your day you will feel a heightened sense of energy after a 60 minute invigorating workout at the barre. We are all about teaching proper alignment and form while working on your postural muscles. This class moves at a rapid pace with a combination of barre and floor pilates moves. See you at the Barre!!!

ENERGY SCULPT

This body tone class will isolate muscles and help you improve your form. You will work all of your muscles while listening to great music! This class is for all fitness levels.

ESSENCE YOGA™

Using yoga and Therapeutic Essential Oil together optimizes two very ancient practices that will bring greater unity of mind, body and spirit. Explore the grounding benefits one drop of Spruce can bring or the uplifting properties of grapefruit. Every 90 minute theme class is for all practice levels.

FITNESS WALK

Enjoy an invigorating walk through the beautiful Village of Skaneateles. Nordic Walking Poles are available. If it is raining- please join the instructor in the Fitness Room for a great Cardiovascular workout.

GENTLE FLOW YOGA

This 60 minute beginner class is a flow style yoga class beginning with pranayama or breath work, followed by warm up and stretches. The class continues with sun salutations, balance and strength building poses and floor work including abs and deep stretches. Appropriate for all fitness levels.

GENTLE/YIN YOGA

A Chinese yoga designed to work the body's energy system (meridians). The effects are freedom of movement, improved sports performance, faster recovery from injury, heightened calm-energy, and an overall state of well-being. A wonderful compliment to your other dynamic workouts. Appropriate for all levels.

HOOPING

Come learn the basics of hoop dancing. You'll have so much fun, you won't notice that you are getting an incredible fat-burning and toning workout. You will learn how to keep the hoop spinning on your waist, hips and above your head, and you will learn how to take the hoop on and off your body in a beautiful spiral. Each class will include warm-ups and detailed instructions for each technique, and some "hoop jam" time — a free period to work on techniques or blending moves together into a personal flow. No experience necessary...Come be a kid again!!!!

MOVING MEDITATION

Based on the principles of T'ai Chi Chih, easy to learn movements that quiet the mind and release physical stress, improve balance, coordination, and enhances the ability to move with ease.

PILATES

Pilates is a challenging series of exercises designed to strengthen and tone your core (abdominal muscles). Pilates is mind-body oriented: intense physical concentration, along with proper breathing, is necessary to reap the immense benefits. It's not what you do; it's how you do it! This class will teach the correct technique and flow, resulting in increased strength, flexibility and balance.

Mirbeau

Inn & Spa
Life. Classically balanced.

SLOW FLOW HATHA YOGA

This class extends principles of alignment as well as mindfully transitioning from pose to pose. This style of yoga incorporates awareness, breath, muscle integrity and core integration. The session ends with a period of deep relaxation. Modifications and props are utilized as needed. Slow Flow Hatha Yoga is appropriate for those who have some yoga experience. This class will create a balance between strength and flexibility as well as a calm and focused mind.

SPIN

This Indoor Cycling class offers a high energy stationary bike workout that will enhance cardiovascular endurance and improve muscular strength. Participants select personal intensity levels during the workout through body position and bike tension. This class will be 45 minutes on the bike followed by stretching. All fitness levels are welcome - No experience necessary. Space is limited so please see the Spa Desk to secure a bike.

STRETCH & FLEX

We all need to stretch more. Come learn new stretches, remember old ones, most importantly...STRETCH!!

TABATA

This 30 minute class has 5 minutes of warmup, 4 sets of Tabata sequence exercises and a 5 minute cool down/stretch. Each sequence is an interval training cycle of 20 seconds of maximum intensity exercise followed by 10 seconds of rest, repeated without pause 8 times for a total of 4 minutes. Get ready to push yourself. This class is not for beginners.

YOGA

This yoga class incorporates movement with breath and intention (vinyasa). The yoga postures are a synergistic blend of several traditions and the practitioner is guided into a moving meditation intended to cultivate more awareness and relaxation. This is a challenging class but all levels of ability are welcome to attend.

Wine Bar

Nightly Activities



MONDAYS

Member's Night:

Members receive 25% off their food order!

TUESDAYS

Members' Drink Night:

Members enjoy a cocktail, glass of wine or a beer.

No strings. No purchase necessary.

Come by to have a quaff and a nice chat!

WEDNESDAYS

Women & Wine:

Ladies choose from a selection of wines

for only \$9 per glass.

THURSDAYS

The 851 Sandwich and Drink:

A new specialty sandwich and drink each week.

Always (and only) \$8.51 each.

FRIDAYS

Come to our Manager's Reception 5p - 6p

Complimentary wine tasting & cheeses.

Raw Bar 6p - 9p (or until seafood runs out)

Fresh Seafood with Beer Specials

SATURDAYS

Late Night Happy Hour 9 - 11pm:

Snacks, a late night menu and drink specials.

SUNDAYS

Sunday Brunch Buffet 11:30 to 2:30pm