



THE BODYMIND CENTRE
vitality · spirit · motion

Tel: (807) 344 - 1628 / email: info@bodymindcentre.com

#8-105 Villa St. Thunder Bay, ON. P7A 7W5

www.bodymindcentre.com

YOGA SCHEDULE

Starts JUNE 21 to AUG 29, 2010

Schedule subject to enrollment (version 3 July 6th, 2010)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Sunrise Yoga 7:00-8:00am Jen Mudicka		Sunrise Yoga 7:00-8:00am Jen Mudicka		
Gentle Yoga 10:00 - 11:30 am Jen Mudicka	55 Plus-Fit For Life ** 9:30 - 10:30 am Anne Parr	Gentle Yoga 10:00 - 11:30 am Jen Mudicka	55 Plus-Fit For Life ** 9:30-10:30 am Anne Parr	Gentle Yoga 10:00 - 11:30 am Jen Mudicka	Hot Beginner Hatha 9:30 - 10:30am Prema
	Vinyasa Flow Yoga 10:30 - 12:00 pm Karen Faulkner		Vinyasa Flow Yoga 10:30 - 12:00 pm Karen Faulkner		Hot Intermediate Hatha 10:40-12:10pm Prema
	Ergonomic Yoga ** 12:05 - 12:45 pm Anne Parr		Ergonomic Yoga ** 12:05 - 12:45 pm Anne Parr		Mix levels Yoga 10:00-11:30am Marisa Levanto -Gleeson
<p>THE BODYMIND CENTRE vitality · spirit · motion HOME OF lululemon athletica Membership Card</p> <p>Memberships, Session & Drop In Card is now available Pick up yours today & swipe your card upon check in for monthly prizes</p>		<p>FREE Community Yoga Class Sundays 11:20 - 12:20 pm</p> <p>come join the fun, bring ayoga mat, friend and family and a non-perishable food donation for the food bank.</p>			Pre Natal Yoga 11:35 - 1:00 pm Kim Toppozini
		New! HOT YIN Yoga 4:00-5:30pm Prema			SUNDAY
Gentle Yoga 4:00 - 5:25 pm Jen Mudicka	Kid's Yoga 4:30-5:30 pm Leane Shuttleworth	Qi Gong 3:00 - 4:00 pm Sarah Watts by donation	Teen Yoga 4:00-5:30pm Leane Shuttleworth	Hot Gentle Yoga 4:05- 5:30 pm Erin May	Meditation 9:00-10:00am Potala Meditation Group
Hot Flow Yoga 5:00 - 5:55 pm Janet Adams	Moksha Hot Yoga 5:30 - 6:30 pm Nancy Persichino	Yoga Therapy 4:00 - 5:25 pm Jen Mudicka	Gentle YIN Yoga 5:30 - 7:00 pm Jen Mudicka		Hot Power Yoga 9:30-10:30am Janet Adams
Intro Yoga I 5:30 - 7:00 pm Marisa Levanto-Gleeson	Inter/Adv Yoga 5:30 - 7:00 pm Marisa Levanto-Gleeson	Intro Yoga I 5:30 - 7:00 pm Marisa Levanto-Gleeson	Moksha Hot Yoga 5:30 - 6:30 pm Nancy Persichino	Hot Yoga Bikram Style 5:35 - 6:35 pm Teri Gyemi (60 min)	New! Kundalini Yoga 10:00-11:15am Prema
Hot Power Yoga 6:00 - 7:25 pm Janet Adams	Moksha Hot Yoga 6:40 - 8:10 pm Nancy Persichino	Hot Bikram Style Yoga 5:35-6:35pm Teri Gyemi	Moksha Hot Yoga 6:40 - 8:10 pm Nancy Persichino		Hot Bikram Style Yoga 10:40 - 12:10 pm Teri Gyemi (90 min)
Hot Gentle Yoga 7:30 - 9:00 pm Erin May	Beginner level II 7:10 - 8:30 pm Marisa Levanto-Gleeson	Inter/Adv Yoga 7:10 - 8:40 pm Marisa Levanto-Gleeson	Yoga India 7:10 - 8:40 pm Jen Mudicka	Hot Yoga Bikram Style 6:45 - 8:15 PM Teri Gyemi (90 min)	Free Community Yoga 11:20-12:20pm various instructors
Inter/Adv Yoga 7:10 - 8:40 pm Marisa Levanto-Gleeson	Hot YIN Yoga 8:20 - 9:20 pm Nancy Persichino	Hot Bikram Style Yoga 6:45-8:15pm Teri Gyemi	Hot YIN Yoga 8:20 - 9:20 pm Nancy Persichino		Hot Bikram Style Yoga 12:20 - 1:20 pm Teri Gyemi (90 min)

Pricing for 10 week schedule + GST		
YOGA	1x per week / 10 wks	\$100.00
10 week schedule	2x per week / 10 wks	\$180.00
Yoga Drop In Pass	One Time	\$13.00
Yoga Drop In Pass	12 Classes (11 + 1 Free class) -	\$143.00
Summer Membership		\$199 for 10 weeks
Student Summer Membership		\$99 for 10 weeks
Private Sessions (Max 3 clients, 1 hour)		\$60.00
Kids / Teen Yoga	1x per week / 10 wks	\$80
		drop ins \$ 9.00
6 month membership only \$99/month		
INTRO YOGA CLASSES - \$8 PER CLASS*		
*For 10 weeks (2 x week - highly recommended) session sign up = \$160		
YOGA & PILATES Membership		
Hold your third class for only \$15 / month		

bring your own mat, towel & water

WHY YOU SHOULD TRY HOT YOGA

Weight loss & rapid body toning strengthening + increased flexibility and balance + better sleep, stress reduction, detoxification, increased energy & vitality slowing of aging process.



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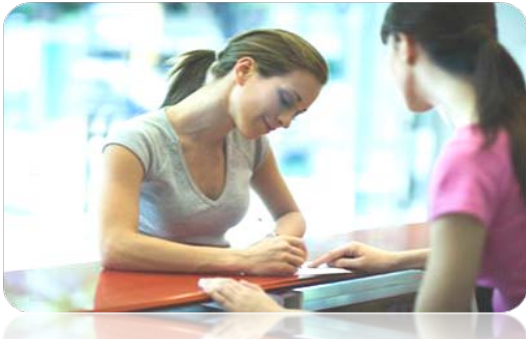
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PILATES SCHEDULE

Starts JUNE 21 to AUG 29, 2010

Schedule subject to enrollment (version 3 July 6th, 2010)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Essential Reformer 9:00-9:55 am Sandi O'Brien		Ess/Ess+Mat 9:00 - 9:55 am Sandi O'Brien	Essential /Ess+ Mat and Reformer 9:00 - 10:25 am Sandi O'Brien		
	Essential Reformer 9:00 - 9:55 am Sandi O'Brien			Essential Reformer 9:00 - 9:55 am Sandi O'Brien	
		Intro Mat Pilates 10:00 - 10:55 am Sandi O'Brien		Ball/ BOSU 10:00 - 10:55 am Sandi O'Brien	Essential Mat 10:30-11:25am Kim Topozini
Essential/Intermediate Reformer class 12:00 - 12:55 pm Sandi O'Brien	Lunchtime ess/ess+ Pilates 12:05 - 12:55 pm Sandi O'Brien		Lunchtime ess/ess+ Pilates 12:05 - 12:55 pm Sandi O'Brien		



Summer MEMBERSHIPS

Sign up now !

Students \$99 / Adults \$199

unlimited classes all summer long!

Tibetan Buddhist Sunday Morning Meditation
9 - 10 am
by donation
everyone welcome potala.ca



SUNDAY

Meditation

9:00-10:00am
Potala Meditation Group

Hot Power Yoga

9:30-10:30am
Janet Adams

Hot Bikram Style Yoga

10:40am - 12:10 pm
Teri Gyemi (90 min)

Hot Bikram Style Yoga

12:20 - 1:20 pm
Teri Gyemi (60 min)

	Essential Mat Pilates 5:30 - 6:25 pm Kim Topozini	Essential + Reformer 5:35 - 6:30 pm Sandi O'Brien	Essential Mat 5:30 - 6:25 pm Kim Topozini
Essential + Mat & Reformer mix 5:35 - 7:00 pm Sandi O'Brien	Intro Mat Pilates 6:30 - 7:25 pm Kim Topozini	Intro Reformer 6:35 - 7:30 pm Sandi O'Brien	Intro Mat Pilates 6:30 - 7:25 pm Kim Topozini



**Pilates Reformer
The Ultimate Full Body Workout**

lululemon  athletica

PILATES - 10 week schedule + GST

Mat	1x / week	\$100	Drop In - Pilates Mat	\$13
Mat	2x / week	\$180	Drop In - Pilates Reformer	\$18
Reformer	1x / week (\$16/class)	\$160	Private Sessions (Max 3 clients, 1 hour)	\$60
Reformer	2x / week (\$10 off)	\$300	12 Classes Mat Drop In (Buy 11 + 1 Free)	\$143
1 Mat & 1 Reformer	per week (10 weeks)	\$260	12 Classes Reformer Drop In (Buy 11 + 1 Free)	\$198

INTRO PILATES CLASSES - \$8 PER CLASS*

(Intro Reformer Class Not Included)

*For 8 weeks (2 x week recommended) session sign up = \$128

Yearly Membership - Pilates \$69 / mo - Reformer \$79 / mo

6 month membership \$99/mo - One month unlimited pass \$149 ***

One Extra Reformer with Reformer Membership - \$15/month (half price)