



THE BODYMIND CENTRE

all of you . one place

YOGA SCHEDULE MAR 5 - APR 30 - JUN 25 (V1 APR15, 2018)

POWER WEEK (Apr 30 - May 6) TRY UNLIMITED CLASSES FOR ONLY \$25

No drop-ins to INTRO classes after the second week because all classes are progressive (P)

(PR)= pre-requisites required (classes subject to minimum registration of 4 people)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Total Body Bootcamp 6:30 - 7:30 am Katherine L		Total Body Bootcamp 6:30 - 7:30 am Katherine L	Warm Yin 9:00 - 10:00 am Angela S	Kundalini Yoga 8:00 - 9:30 am Erin M @ dharmahouse
Warm Unlock Your Hips 9:00 - 10:00 am Erin M	Warm Power Yoga 9:00 - 10:00 am Diane Y	Hot Flow Yoga 9:10 - 10:10 am Diane Y	Warm Unlock Your Hips Yoga 9:00 - 10:00 am Erin M	Gentle Yoga 10:00 - 11:30 am Erin M	Hot Vinyasa Flow 9:00 - 10:00 am Megan L
Gentle Yoga 10:00 - 11:30 am Erin M	55+Fit For Life 9:30 - 10:30 am Anne Parr	Gentle Yoga 10:00 - 11:30 am Erin M	55+Fit For Life 9:30 - 10:30 am Anne Parr	Hot Power Yoga 10:30 - 11:30 am Diane Y	Form & Flow 9:30 - 10:50 am Kimberly V
Warm Yin Yang 10:10 - 11:10 am Diane Y	90 min Warm Yin 10:10 - 11:40 am Diane Y	Warm Yin & Twist 10:15 - 11:15 am Diane Y	Gentle Flow Yoga 10:30 - 12:00 pm Nancy P	Mom & Baby Yoga 11:40 - 12:40 pm Diane Y	Warm Yin 10:05 - 11:05 am Sara-Kim M
	Gentle Flow Yoga 10:30 - 12:00 pm Nancy P		Ergonomic Yoga 12:05 - 12:55 pm Anne P		Gentle Yoga 11:00 - 12:15 pm Kimberly V
 <p>Healing Grief reduces tension, anxiety & depression Weds @ 4:30 - 5:30</p> <p>Vagal Breathing</p>	Ergonomic Yoga 12:05 - 12:55 pm Anne P	 <p>ZUMBA FITNESS tuesdays @ 6:40 pm fridays @ 5:30 pm <i>have fun, great cardio, sculpt and tone glutes and abs</i> <i>bring a friend & do something fun together</i></p>			90 Min Hot Bikram 11:15 - 12:45 pm Sara- Kim M
					SUNDAY
					Meditation 9:00 - 10:30 am Potala by donation
Kundalini Yoga 4:15 - 5:30 pm Erin M	Deep Stretch Warm Yoga 4:30 - 5:30 pm Kimberly V		New! Meditative Vinyasa Flo 5:30 - 6:40 pm Angela S	Warm Yin 4:30 - 5:30 pm. Patricia K	Hot Flow 9:30 - 10:30 am Sara Kim M
Warm Hip Openers 5:00 - 6:00 pm Angela S	Vinyasa Flow 5:30 - 6:30 pm Megan L	Healing Grief 4:30 - 5:30 pm Erin M	Hot Yin/Yang 5:30 - 6:30 pm Diane Y	New! Amazing Zumba 5:30 - 6:30 pm Dionne S	Beginner's Hot Bikram Yoga 10:35 - 11:35 am Sara-Kim M
Strength & Balance Yoga 5:45 - 6:45 pm Patricia K	Warm Strength & Balance Flow 5:40 - 6:40 pm Kimberly V	Warm Yin Yoga 5:05 - 6:05 pm Diane Y	Hot Flow 6:35 - 7:35 pm Diane Y	Hot Vinyasa Flow 5:35 - 6:35 pm Megan L	Family Yoga 10:35 - 11:35 am by food donation
Hot Flow 6:05 - 7:00 pm Megan L	New! Amazing Zumba 6:40 - 7:40 pm Dionne S	Kundalini Yoga 5:35 - 7:00 pm Erin M	Restorative Yoga 6:45 - 8:00 pm Angela S		Warm Gentle Yoga 11:45 - 12:45 pm Sara-Kim M
Hot Gentle 7:05 - 8:05 pm Jacklyn R	Beginner's Hot Bikram Yog 6:45 - 7:45 pm Sara-Kim M	Hot Flow 6:10 - 7:10 pm Diane Y	Hot YIN 7:40 - 8:45 pm Nancy P		Kids Yoga 11:45 - 12:45 pm Jacklyn R
Restorative Yoga 6:50 - 8:20 pm Angela S	Warm Yin 7:50 - 8:50 pm Sara-Kim M	Strength & Balance Yoga 7:15 - 8:15 pm Patricia K	Thank You Thunder Bay for voting us "Best Yoga Studio" ~ Walleve Magazine		Antigravity Yoga 12:50 - 1:50 pm Emily B
Hot Yin 8:10 - 9:10 pm Jacklyn R		Gentle Hot Yoga 7:15 - 8:30 pm Erin M			Gong Meditation 7:00 - 8:30 pm Erin M~ by donation

PRICING OPTIONS
(prices shown before tax)

drop in	
1 class	\$14
12 class package	\$154 (1 FREE)
session (8 wks)	
1 class / wk	\$96
2 classes / wk	\$192
1 Reformer / wk	\$112
1 Reformer / 1 Yoga	\$194
memberships	
1 year	\$79/mo
6 months	\$99/mo
1 month	\$149/mo
Student membership	\$59/mo

Please observe noble silence inside yoga studios. quiet voice outside studios.
NO cell phones in class or change rooms ~ Thank you

Yoga in the Dark

No Distractions. No Limits

Friday May 11, 2018
7:00 pm - 8:30 pm
@ The Bodymind Centre

This blindfolded yoga experience will leave you feeling rejuvenated, blissful & inspired by the time you leave your mat.

Listen to a CNIB client share their personal story with vision loss then slip on your blindfold and experience Yoga in the Dark.

It is sure to be an enlightening experience.



Space is Limited. Call to reserve a spot! @ 344-1626
Recommended Donation: \$15 - \$20
100% of the proceeds go to CNIB





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PILATES SCHEDULE APR 30 - JUN 25 (V1 APR15, 2018)

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(PR)= pre-requisites required ~ (classes subject to minimum registration)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Total Body Bootcamp 6:30 - 7:30 am Katherine L	HIIT 9:00 - 10:00 am Reija K	Total Body Bootcamp 6:30 - 7:30 am Katherine L	TRX / Ball/ BOSU 9:00 - 10:00 am Sandi O	Ess + Reformer (PR) 10:00 - 11:00 am Tracey H
TRX / Ball/ BOSU 9:00 - 10:00 am Sandi O	Essential Reformer (PR) 9:00 - 10:00 am Sandi O	Gentle Reformer 9:00 - 9:55 am Erin M	Ess/Ess+ Mat (PR) 9:00 - 10:00 am Sandi O	Ess Reformer (PR) 10:00 - 11:00 am Sandi O	Ess Reformer (PR) 11:00 - 12:00 pm Tracey H
Essential Reformer (PR) 10:00 - 11:00 am Sandi O	EVERYDAY IS A GOOD DAY TO DO PILATES	Mat/ Reformer (PR) 10:05 - 11:05 am Reija K	HIIT/ Cardio Tramp 10:00 - 11:00 pm Sandi O	 KEEP CALM AND Do Pilates	SUNDAY
		Intro Reformer 11:10 - 12:10 pm Reija K	 Strive for PROGRESS not perfection.		Time Saver HIIT 11:00 - 11:30 am Reija K
Time Saver HIIT 5:00 - 5:30 pm Reija K					Essential Reformer 11:30 - 12:30 pm Reija
Essential Reformer (PR) 5:30 - 6:30 pm Reija K	Essential Mat Pilates (PR) 5:00 - 6:00 pm Reija K	20-20-20 Pilates 5:00 - 6:00 pm Sandi O	HIIT / Mat Pilates (PR) 5:00 - 6:00 pm Reija K		Pre-natal Pilates 12:30 - 1:30 pm Reija K
Intro Reformer (P) 6:30 - 7:30 pm Reija K	Intro Mat Pilates 6:00 - 7:00 pm Reija K	HIIT Cardio Tramp(PR) 6:00 - 7:00 pm Sandi O	Essential Reformer (PR) 6:00 - 7:00 pm Reija K	 Reformer Resistance Training:	

TOTAL BODY BOOTCAMP TUES & THURS 6:30 AM

please arrive 10 mins early for your class waitlist will be let in 5 mins prior to class
please observe noble silence inside yoga studios.
quiet voice outside studios. NO cell phones in class or change rooms ~ Thank you



prevents osteoporosis & keeps your body toned & flexible for your whole life, easy on the joints, great for knee rehab and building upper body strength.

PRICING OPTIONS (prices before tax)

drop in	
1 class	\$14
Reformer	\$16
12 class package	\$154 (1 FREE)
session (8 wks)	
1 class / wk	\$96
2 classes / wk	\$192
1 Reformer / wk	\$112
1 Reformer / 1 Yoga	\$194
memberships	
1 year	\$79/mo
6 months	\$99/mo
1 month	\$149/mo
Student membership	\$59/mo

Mom May 13

Mother's Day Sale starts May 1st

Mother & Daughter Week May 12th - 19th
Do something together beautiful
Unlimited Yoga Classes for both of you for \$30

Antigravity YOGA

SATS 12:30 Emily B
SUN 12:50 PM EMILY B

have fun, swing upside down
great traction for the spine



Kundalini yoga is known as the yoga of awareness.
Balance your mind and energy with breath work, exercises and meditation,
finishing with a deeply relaxing gong bath. KY is great to regulate emotions,

hormones and the Vagal system resulting in equanimity and good health. Join
in anytime.

Kundalini yoga