



THE BODYMIND CENTRE

all of you . one place

YOGA SCHEDULE APR 29 - JUN 23 (V1, 2019)

POWER WEEK ~ TRY UNLIMITED CLASSES FOR ONLY \$30

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
Warm Unlock Your Hips 9:00 - 10:00 am Erin M	Warm Power Yoga 9:00 - 10:00 am Diane Y	Hot Flow Yoga 9:30 - 10:30 am Diane Y	Warm Unlock Your Hips 9:00 - 10:00 am Erin M	Warm Yin 9:00 - 10:15 am Patricia K	Kundalini Yoga 8:00 - 9:30 am Erin M @ dharmahouse
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	Gentle Yoga 10:00 - 11:30 am Erin M	Hot Flow 9:00 - 10:00 am Kimberly V
Warm Strength & Balance 10:30 - 11:30 am Diane Y	Warm Yin 10:10 - 11:10 am Diane Y	Warm Yin & Twist 10:40 - 11:40 am Diane Y	Hot Flow 10:15 - 11:15 am Diane Y	Hot Flow Yoga 10:30 - 11:30 am Patricia K	New! Sivananda Yoga 9:00 - 11:00 am Chris M
HIT Yoga 11:45 - 12:35 pm Diane Y	Gentle Flow Yoga 10:30 - 12:00 pm Nancy P	New! Hot Power Yoga 11:45 - 12:45 pm Diane Y	Gentle Flow Yoga 10:30 - 12:00 pm Patricia K	MAT RENTAL FOR HOT YOGA IS \$5 + hst	Warm Deep Stretch 10:05 - 11:05 am Kimberly V
PRIVATE YOGA + PILATES SESSIONS AVAILABLE	Ergonomic Yoga 12:05 - 12:55 pm Anne P	Mom & Baby Yoga 1:00 - 2:00 pm Diane Y	Ergonomic Yoga 12:05 - 12:55 pm Anne P		New! Pre- Natal Yoga 11:05 - 12:05 pm Daniela E
		New! Warm Yin / Yang 12:00 - 1:00 PM Angela S	Therapeutic Yoga 2:30 - 3:30 pm Nancy P & Patricia K		Hot Yin 11:10 - 12:10 pm Kelly M
					Hot 40 (Bikram Inspired) New! 12:15 - 1:15 pm Daniela E
				SUNDAY	New! Isonomis Meditation 9:00 - 9:55 am Cassie T (by donation)
Kundalini Yoga 4:35 - 5:50 pm Erin M	Warm Yin 4:30 - 5:30 pm Julie G	Kid's Antigravity Yoga 4:00 - 4:45 pm Diane Y	Hot Power Yoga 4:30 - 5:30 pm Diane Y	Hot Slow Flow 4:30 - 5:30 pm Patricia K	Meditation 9:00 - 10:30 am Potala by donation
Hot Happy Hips 5:00 - 6:00 pm Latoya L	Vagal Restorative Yoga 5:05 - 6:25 pm Erin M	Warm Yin Yoga 5:00 - 6:00 pm Diane Y	Beginner's Yoga 5:15 - 6:30 pm Natasha S	Ashtanga 5:15 - 6:15 pm Brian D/ Sasha R	New! Warm Strong Hatha 9:00 - 10:00 am Kaileigh
Hot Flow 6:05 - 7:00 pm Latoya L	Warm Strength & Balance Flow 5:40 - 6:40 pm Kelly R	New! Unlock Your Hips 5:15 - 6:30 pm Erin M	Hot Yin 5:35 - 6:35 pm Diane Y	Warm Yin 5:35 - 6:35 pm Patricia K	New Time! Family Yoga 10:00 - 11:00 am (by food donation) Janet A
Restorative Yoga 6:00 - 7:15 pm Angela S	New! Yin / Yang Yoga 6:30 - 7:40 pm Angela S	Hot Flow 6:05 - 7:05 pm Diane Y	Meditation 6:00 - 7:00 pm David G	Candlelight Restorative Yoga 6:20 - 7:35 pm Kelly M	Beginner's Hot Bikram Yoga 10:05 - 11:05 am Sara- Kim M
Hot Gentle 7:05 - 8:05 pm Jacklyn R	Hot Hips & Hammies 6:45 - 7:45 pm Kelly R	Strength & Balance 6:35 - 7:50 pm Nancy P	Hot 40 (Bikram Inspired) New! 6:40 - 7:40 pm Nancy P	New! Hot Flow Yoga 6:40 - 7:40 pm Kaileigh	New! Restorative Yoga 11:05 - 12:20 pm Angela S
Antigravity Yoga 7:40 - 8:25 pm Diane Y	Hot Yin 7:50 - 8:50 pm Kelly M	Hot Gentle Yoga 7:10 - 8:30 pm Erin M	Antigravity Yoga 6:45 - 7:30 pm Diane Y		Warm Gentle Yoga 11:10 - 12:10 pm Sara-Kim M
Hot Yin 8:10 - 9:10 pm Jacklyn R	Thank You Thunder Bay for voting BMC "Best Yoga Instructors" & "Best Yoga studio"		Hot Yin 7:45 - 8:45 pm Nancy P		New! Hot Yin 12:30 - 1:30 pm Angela S

PRICING OPTIONS	(prices shown before tax)
drop in / pass	
1 class (pack)	\$15
3 / 6 drop in packs	\$42 / \$85
12 class package	\$165 (1 FREE)
1 kid drop in	\$9
1 week pass	\$45
Student 1 month pass	\$99
Adult 1 month Pass	\$150
session (8 wks)	
1 class / wk	\$105
2 classes / wk	\$210
memberships	
1 year	\$89/mo
6 months	\$99/mo
Student membership	\$69/mo (6 mo min)
Student membership	\$260 (4 mo, PAID IN FULL)

May 12 HAPPY MOTHER'S DAY

lululemon authorized retailer
ivivva by lululemon

Gifts for Mom
shiatshu massagers
dottera oils & diffusers
bare organics
yoga accessories
gift cards
massage (RMT)
BMC tea blends
classes & memberships

Food of the Gods:
Chocolate Tastes of Mexico
Saturday May 12th
6:30 - 9:30 pm [yummy workshop]
Investment: \$45

Crystal Bowl & Gong Meditation
7:00 - 8:30 pm
Erin M ~ by donation

Meditation

Thur 6:00 pm
Sun 9:00 am





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PILATES SCHEDULE APR 29 - JUN 23 (V1, 2019)

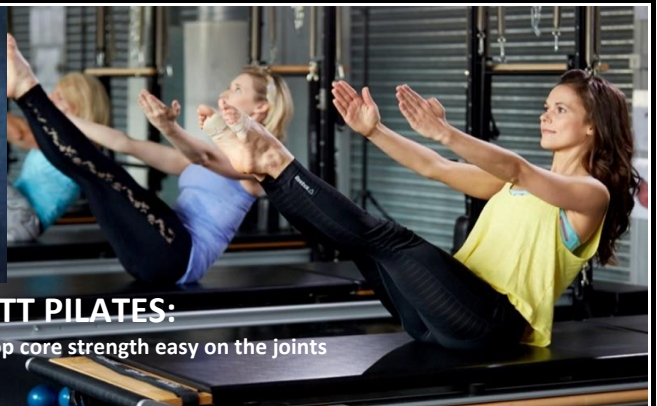
POWER WEEK - TRY UNLIMITED CLASSES FOR ONLY \$30

No drop-ins to INTRO classes after the second week because all classes are progressive (P)
(PR)= pre-requisites required (BP) means by permission of the instructor ~ (classes subject to minimum registration)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TRX / Ball/ BOSU 9:00 - 10:00 am Sandi O	Essential Reformer (PR) 9:00 - 10:00 am Sandi O	Essential Reformer (PR) 9:00 - 10:00 am Erin M.	HIIT/ Cardio Tramp 9:15 - 10:00 am Sandi O	TRX / Ball/ BOSU 9:00 - 10:00 am Sandi O	Intro Reformer (P) 9:00 - 10:00 am Tracey H
Essential Reformer (PR) 10:00 - 11:00 am Sandi O	All Levels Mat Pilates 10:05 - 11:05 am Sandi O	BOSU Blast 9:00 - 10:00 am Sandi O	Ess/ Ess+ Mat (PR) 10:00 - 11:00 am Sandi O	Ess Reformer (PR) 10:00 - 11:00 am Sandi O	Ess + Reformer (PR) 10:00 - 11:00 am Tracey H
Essential Reformer (PR) 1:00 - 2:00 pm Diane Y	Intro Reformer (P) 11:15 - 12:15 pm Diane Y	Please observe noble silence inside yoga studios. quiet voice outside studios. NO cell phones in class or change rooms Thank you	Intro Mat Pilates 11:20 - 12:20 pm Diane Y		Ess Reformer (PR) 11:00 - 12:00 pm Tracey H
Essential Mat 4:30 - 5:30 pm Diane Y	New! Yogalates 3:30 - 4:30 pm Diane Y		HIIT 5:00 - 5:30 pm Sandi O	 HIIT REV UP . STRETCH OUT COOL DOWN Weds @ 5:00 pm	HIIT / CARDIO TRAMP GREAT CARDIO & STRENGTH BUILDING Thurs 9:15 am 
Essential Reformer (PR) 5:30 - 6:30 pm Diane Y	Essential Reformer (PR) 4:30 - 5:30 pm Diane Y	Essential Mat Pilates (PR) 5:30 - 6:30 pm Diane Y	Essential Mat Pilates 5:30 - 6:15 pm Sandi O	Advanced Reformer (BP) 4:30 - 5:30 pm Sandi O	
Intro Reformer (P) 6:30 - 7:30 pm Diane Y	Intro Mat (P) 6:30 - 7:30 pm Diane Y	Reformer Cardio Tramp 6:15 pm - 7:00 pm Sandi O	Essential Reformer (PR) 5:30 - 6:30 pm Sandi O		



KEEP CALM AND Do Pilates



Reformer Resistance Training: Total Body Workout
prevents osteoporosis & keeps your body toned & flexible for your whole life, easy on the joints, great for knee rehab & building upper body strength.

STOTT PILATES:
develop core strength easy on the joints

PRICING OPTIONS (prices before tax)

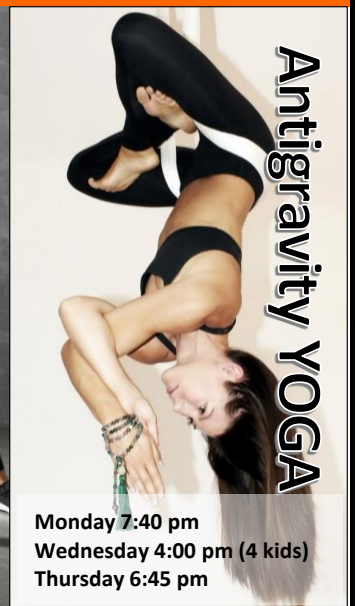
drop in / pass	
1 class (pack)	\$15
3 pack	\$42
6 pack	\$85
12 class package	\$165 (1 FREE)
1 kid drop in	\$9
1 Reformer	\$18
1 week pass	\$45
Student 1 month pass	\$99
Adult 1 month Pass	\$150
session (8 wks)	
1 class / wk	\$105
2 classes / wk	\$210
1 Reformer / wk	\$128
1 Reformer / 1 Yoga	\$231
memberships	
1 year	\$89/mo
6 months	\$99/mo
Student membership	\$69/mo (6 mo min)
Student membership	\$260 (4 mo, PAID IN FULL)



YOGALATES
Tues 3:30 - 4:30 pm



BOSU Blast
Weds 9:00 - 10:00 am



Antigravity YOGA
Monday 7:40 pm
Wednesday 4:00 pm (4 kids)
Thursday 6:45 pm

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.

Thank You Thunder Bay for voting us "Best Yoga Studio" ~ Walleve Magazine