



# THE BODYMIND CENTRE

all of you . one place

YOGA SCHEDULE JAN 8 TO MAR 4 (V2 Jan 14th, 2018)

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
	<b>New! Beach Body Bootcamp</b> 6:30 - 7:30 am Katherine L	<b>Warm Core Fusion</b> 6:30 - 7:30 am Reija K	<b>New! Beach Body Bootcamp</b> 6:30 - 7:30 am Katherine L	<b>Warm Yin</b> 9:00 - 10:00 am Erin M	<b>Kundalini Yoga</b> 8:00 - 9:30 am Erin M @ dharmahouse
<b>Warm Unlock Your Hips</b> 9:00 - 10:00 am Erin M	<b>Warm Power Yoga</b> 9:00 - 10:00 am Diane Y	<b>Hot Flow Yoga</b> 9:10 - 10:10 am Diane Y	<b>Warm Unlock Your Hips Yoga</b> 9:00 - 10:00 am Erin M	<b>Gentle Yoga</b> 10:00 - 11:30 am Erin M	<b>Hot Vinyasa Flow</b> 9:00 - 10:00 am Megan L
<b>Gentle Yoga</b> 10:00 - 11:30 am Erin M	<b>55+Fit For Life</b> 9:30 - 10:30 am Anne Parr	<b>Hatha Yoga</b> 10:00 - 11:30 am Erin M	<b>55+Fit For Life</b> 9:30 - 10:30 am Anne Parr	<b>New! Hot Power Yoga</b> 10:30 - 11:30 am Diane Y	<b>Beginner Antigravity Yoga</b> 8:50 - 9:50 am Diane Y
<b>Warm Yin Yang</b> 10:10 - 11:10 am Diane Y	<b>Warm Yin</b> 10:10 - 11:40 am Diane Y	<b>Warm Yin &amp; Twist</b> 10:15 - 11:15 am Diane Y	<b>Gentle Flow Yoga</b> 10:30 - 12:00 pm Nancy P	<b>Mom &amp; Baby Yoga</b> 11:40 - 12:40 pm Diane Y	<b>Form &amp; Flow</b> 10:00 - 11:30 am Kimberly V
<p><b>Healing Grief</b> reduces tension, anxiety &amp; depression Weds @ 4:30 - 5:30</p>	<b>Gentle Flow Yoga</b> 10:30 - 12:00 pm Nancy P				<b>Warm Yin</b> 10:05 - 11:05 am Sara-Kim M
	<b>Ergonomic Yoga</b> 12:05 - 12:55 pm Anne P				<b>Gentle Yoga</b> 11:40 - 1:10 pm Kimberly V
	<p>Thank You Thunder Bay for voting us <b>"Best Yoga Studio" ~</b> Walleye magazine Dec 2017</p>				
<b>Kundalini Yoga</b> 4:15 - 5:30 pm Erin M	<b>Kid's Anitgravity Yoga</b> 4:30 - 5:30 pm Diane Y	<b>Experience Infrared HOT YOGA</b>			<b>SUNDAY</b>
<b>Warm Hip Openers</b> 5:00 - 6:00 pm Susan B	<b>Deep Stretch Warm Yoga</b> 4:30 - 5:30 pm Kimberly V	<b>Warm Yin</b> 4:00 - 5:00 pm Susan B	<b>Ballet Barre</b> 5:00 - 6:00 pm Susan B	<b>Warm Yin</b> 4:30 - 5:30 pm. Patricia K	<b>Meditation</b> 9:00 - 10:30 am Potala by donation
<b>Strength &amp; Balance Yoga</b> 5:35 - 7:00 pm Patricia K	<b>Beginner Antigravity Yoga</b> 5:30 - 6:30 pm Diane Y	<b>Healing Grief</b> 4:30 - 5:30 pm Erin M	<b>Hot Yin/Yang</b> 5:30 - 6:30 pm Diane Y	<b>New! Yoga Flow</b> 5:30 - 6:30 pm Susan B	<b>Hot Flow</b> 9:30 - 10:30 am Sara Kim M
<b>Hot Flow</b> 6:05 - 7:05 pm Susan B	<b>Warm Strength &amp; Balance Flow</b> 5:40 - 6:40 pm Kimberly V	<b>Happy Back Warm Yoga</b> 5:05 - 6:05 pm Diane Y	<b>Hot Flow</b> 6:35 - 7:35 pm Diane Y	<b>New! Hot Strength &amp; Balance</b> 5:35 - 6:35 pm Nancy P / Diane Y	<b>Beginner's Hot Bikram Yoga</b> 10:35 - 11:35 am Sara-Kim M
	<b>Beginner's Hot Bikram Yog</b> 6:45 - 7:45 pm Sara-Kim M	<b>Kundalini Yoga</b> 5:35 - 7:00 pm Erin M	<b>New! Yin / Yang</b> 6:05 - 7:30 pm Susan B	<b>Candlelight Restorative Yoga</b> 6:40 - 8:00 pm <small>(by donation to The Boys &amp; Girls Club)</small>	<b>Family Yoga</b> 10:35 - 11:35 am by food donation
<b>Hot Gentle</b> 7:10 - 8:10 pm Jacklyn R	<b>Warm Yin</b> 7:50 - 8:50 pm Sara-Kim M	<b>Hot Flow</b> 6:10 - 7:10 pm Diane Y	<b>Mindfulness Meditation</b> 6:45 - 7:45 pm David G		<b>Warm Gentle Yoga</b> 11:40 - 12:40 pm Sara-Kim M
<b>Restorative Yoga</b> 7:10 - 8:45 pm Susan B	<b>New! Core Yoga</b> 6:40 - 7:40 pm Janet A	<b>Strength &amp; Balance</b> 7:10 - 8:20 pm Patricia K	<b>New! Beginner Antigravity</b> 7:45 - 8:45 pm Diane Y		<b>Kids Yoga</b> 11:40 - 12:40 pm Jacklyn R
<b>Hot Yin</b> 8:15 - 9:15 pm Jacklyn R		<b>Gentle Hot Yoga</b> 7:15 - 8:30 pm Erin M	<b>Hot YIN</b> 7:40 - 8:45 pm Nancy P		<b>Gong Meditation</b> 7:00 - 8:30 pm Erin M~ by donation

**PRICING OPTIONS**  
(prices shown before tax)

<b>drop in</b>	
1 class	\$14
12 class package	\$154 (1 FREE)
<b>session (8 wks)</b>	
1 class / wk	\$96
2 classes / wk	\$192
1 Reformer / wk	\$112
1 Reformer / 1 Yoga	\$194
<b>memberships</b>	
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

**Feb 12<sup>th</sup> - 18<sup>th</sup>**

buy a \$30 pass for unlimited yoga classes & bring a different friend each time if you like for **FREE**

**Feb 11<sup>th</sup> / 2 - 3:30**  
partner yoga & thai massage  
bring a friend, sister, your loved one & do something beautiful together

**LOVE WEEK**




# THE BODYMIND CENTRE

all of you . one place

**PILATES SCHEDULE JAN 8 TO MAR 4 (V2 Jan 14th, 2018)**

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)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>New! Beach Body Bootcamp</b> 6:30 - 7:30 am Katherine	<b>New! Warm Core Fusion</b> 6:30 - 7:30 am Reija K	<b>New! Beach Body Bootcamp</b> 6:30 - 7:30 am Katherine	<b>TRX / Ball/ BOSU</b> 9:00 - 10:00 am Sandi O	<b>Ess + Reformer (PR)</b> 10:00 - 11:00 am Tracey/ Reija
	<b>Essential Reformer (PR)</b> 9:00 - 10:00 am Sandi O	<b>TRX / Ball/ BOSU</b> 9:00 - 10:00 am Reija K	<b>Ess/Ess+ Mat (PR)</b> 9:00 - 10:00 am Sandi O	<b>Ess Reformer (PR)</b> 10:00 - 11:00 am Sandi O	<b>Ess Reformer (PR)</b> 11:00 - 12:00 pm Tracey/ Reija
<b>TRX / Ball/ BOSU</b> 9:00 - 10:00 am Sandi O	<b>EVERYDAY IS A GOOD DAY TO DO PILATES</b>	<b>Gentle Reformer</b> 9:00 - 10:00 am Erin M	<b>HIIT/ Cardio Tramp</b> 10:00 - 11:00 am Sandi O	<i>Strive for PROGRESS not perfection.</i> 	<b>SUNDAY</b>
<b>Essential Reformer (PR)</b> 10:00 - 11:00 am Sandi O		<b>Mat/ Reformer (PR)</b> 10:05-11:05 am Reija K			Essential reformer 12:00 - 1:00 pm Reija
<b>Mixed Mat Pilates</b> 4:30 - 5:30 pm Reija K		<b>Intro Reformer</b> 11:10 - 12:10 pm Reija K	<b>Ballet Barre</b> 5:00 - 6:00 pm Susan B		<b>New! H I I T Pilates</b> latest research shows High Intensity Interval Training enhances cellular repair, increases longevity, great cardio and tones muscle tissue.
<b>Essential Reformer (PR)</b> 5:30 - 6:30 pm Reija K	<b>Essential Mat (PR)</b> 5:00 - 6:00 pm Tracey H	<b>20-20-20 Pilates</b> 5:00 - 6:00 pm Sandi O	<b>Essential Mat Pilates (PR)</b> 5:00 - 6:00 pm Reija K		
<b>Intro Reformer (P)</b> 6:30 - 7:30 pm Reija K	<b>Intro Mat</b> 6:00 - 7:00pm Tracey H	<b>Cardio Tramp Reformer(PR)</b> <b>(PR)</b> 6:00 - 7:00 pm Sandi O	<b>Essential Reformer (PR)</b> 6:00 - 7:00 pm Reija K		



## warm core FUSION

Part Pilates, part yoga, rolled up into one, *Core Fusion*, is proving to be one of the most addictive workouts in a warm room ... See you in class.



## Reformer Resistance Training:

**KEEP CALM AND Do Pilates**

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)

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



*Heading to the beach? The Beach Body Bootcamp will ensure you have the look and feel you crave.*

## For the Chakras

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,

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

*Kundalini yoga*

## Antigravity YOGA

have fun, swing upside down  
great traction for the spine

**New! Kid's Antigravity Yoga**

