



THE BODYMIND CENTRE

all of you . one place

YOGA SCHEDULE JAN 7 - MAR 3 (V1, 2019)

POWER WEEK (JAN 7 - 13) 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 Yoga 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 Megan L
Warm Strength & Balance 10:15 - 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 10:30 - 11:30 am Diane Y	Hot Power Yoga 10:30 - 11:30 am Megan L	Form & Flow 9:30 - 10:30 am Victoria W
HIIT Yoga 11:45 - 12:35 pm Diane Y	Gentle Flow Yoga 10:30 - 12:00 pm Nancy P	HIIT Yoga 11:45 - 12:35 pm Diane Y	Gentle Flow Yoga 10:30 - 12:00 pm Patricia K	HIIT Yoga 11:45 - 12:35 pm Diane Y	Warm Hips & Hammies 10:05 - 11:05 am Megan L
<p>Therapeutic Yoga for your knees, back, hips & shoulders</p>	Ergonomic Yoga 12:05 - 12:55 pm Anne P	Mom & Baby Yoga 12:45 - 1:45 pm Diane Y	Ergonomic Yoga 12:05 - 12:55 pm Anne P	HIIT YOGA REV UP . STRETCH OUT . COOL DOWN Mon Wed & Fri 11:45	YIN 10:35 - 11:35 pm Victoria W
	<p>MEN'S HOT YOGA THURS 8:10 - 9:00 pm</p>				
					SUNDAY
					Meditation 9:00 - 10:30 am Potala by donation
Vagal Yoga 4:30 - 5:30 pm Erin M	New! Vinyasa Flow 4:00 - 5:00 pm Megan L	New! Therapeutic Yoga 2:30 - 3:30 pm Sonia P		New! Family AG Yoga 3:45 - 4:30 pm Diane Y	Pre-natal Yoga 9:30 - 10:30 am Sara- Kim M
Hot Happy Hips 5:00 - 6:00 pm Latoya L	Warm Deep Stretch 4:30 - 5:30 pm Patricia K	New! Dance Yoga 4:30 - 5:30 pm Shayna	Warm Yin 5:00 - 6:00 pm Diane Y	Antigravity Yoga 4:30 - 5:15 pm Diane Y	Hot Flow 9:30 - 10:30 am Sasha R
Antigravity Yoga 5:35 - 6:20 pm Diane Y	Kundalini Yoga 5:00 - 6:30 pm Erin M	Warm Yin Yoga 5:05 - 6:05 pm Diane Y	HIIT 5:00 - 5:30 pm Sandi O	Hot Vinyasa Flow 4:30 - 5:30 pm Patricia K	Beginner's Hot Bikram Yoga 10:35 - 11:35 am Sara-Kim M
Hot Flow 6:05 - 7:00 pm Latoya L	Warm Strength & Balance Flow 5:40 - 6:40 pm Patricia K	Vinyasa Flow & Balance New! 5:35- 6:50 pm Megan L	Hot Power Yoga 6:05 - 7:05 pm Diane Y	Antigravity Flow (PR) 5:15 - 6:00 pm Diane Y	Family Yoga 10:35 - 11:35 am by (food donation) Janet A
Antigravity Yoga 6:20 - 7:05 pm Diane Y	Zumba (cardio) 6:40 - 7:40 pm Dionne S	Hot Flow 6:10 - 7:10 pm Diane Y	New! Regenerative Yoga 5:35 - 6:45 pm Shayna	Warm Yin 5:35 - 6:35 pm Patricia K	Warm Gentle Yoga 11:45 - 12:45 pm Sara-Kim M
Restorative Yoga 7:15 - 8:30 pm Nancy P	Mindfulness Meditation 7:45 - 8:45 pm David G	Hot Gentle Yoga 7:15 - 8:30 pm Erin M	Hot Yin 7:10 - 8:10 pm Nancy P	New! Hot Power Yoga 6:40 - 7:40 pm Megan L	New! BOSU Blast 11:45 - 12:45 pm Sandi O
Hot Gentle 7:05 - 8:05 pm Jacklyn R	Hot Hips & Hammies 6:45 - 7:45 pm Sasha R	Strength & Balance 7:00 - 8:15 pm Nancy P	NEW! Antigravity Yoga 7:15 - 8:00 pm Diane Y	Candlelight Restorative Yoga 6:10 - 7:30 pm Catherine T	Kid's Yoga 12:50 - 1:45 pm Jacklyn R
Hot Yin 8:10 - 9:10 pm Jacklyn R	Hot Yin 7:50 - 8:50 pm Megan L	MAT RENTAL FOR HOT YOGA IS \$5 + hst	Men's Hot Yoga 8:10 - 9:00 pm Christopher M		Crystal Bowl & Gong Meditation 7:00 - 8:30 pm Erin M ~ by donation

PRICING OPTIONS	(prices shown before tax)
drop in / pass	
1 class (pack)	\$15
3 pack	\$40
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)

YOGA DANCE

Wed 4:30 - 5:30 pm

DANCE . STRETCH . FLOW

Candlelight Restorative Yoga:

Friday 6:10 pm

Restorative Yoga:

Mon 7:15 pm

A Deeply relaxing, easy practice to calm your nervous system. Helps to enhance sleep and encourages a peaceful mind

8 - 105 Villa St. Thunder Bay, ON. P7A 7W5 / (807) 344 -1628 www.bodymindcentre.com





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PILATES SCHEDULE JAN 7 - MAR 3 (V1, 2019)

POWER WEEK (JAN 7 - 13) TRY UNLIMITED CLASSES FOR ONLY \$30

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(PR)= pre-requisites required ~ (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	Gentle Reformer 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	Ess Reformer (PR) 10:00 - 11:00 am Tracey H
Essential Reformer (PR) 10:00 - 11:00 am Sandi O	All Levels Mat Pilates 10:05 - 11:05 am Sandi O	New! 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	Intro Reformer (P) 11:00 - 12:00 pm Tracey H
	Please observe noble silence inside yoga studios. quiet voice outside studios. NO cell phones in class or change rooms ~ Thank you				SUNDAY
	HIIT 5:00 - 5:30 pm Sandi O	Essential Reformer (P) 4:30 - 5:30 pm Erin M	HIIT 5:00 - 5:30 pm Sandi O	HIIT / CARDIO TRAMP GREAT CARDIO & STRENGTH BUILDING Thurs 9:15 am 	
Essential Reformer (PR) 5:35 - 6:35 pm Erin M.	Essential Mat Pilates 5:30 - 6:15 pm Sandi O	Essential+ Reformer (PR) 5:30 - 6:30 pm Erin M	Essential Reformer (PR) 5:30 - 6:30 pm Sandi O		
Intro Reformer (P) 6:40 - 7:40 pm Erin M.	Cardio Tramp 6:15 pm - 7:00 pm Sandi O		Intro Reformer 6:30 - 7:30 pm Sandi O		

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	\$40
6 pack	\$80
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)



BOSU Blast

Wednesday 9:00 - 10:00 am
Sunday 11:45 - 12:45 pm

TOTAL BODY BOSU WORKOUT

Antigravity YOGA

have fun, swing upside down great traction for the spine.
Be a KID again!



New Family AG class Fridays at 3:45 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. NO cell phones in class or change rooms ~ Thank you

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