



# THE BODYMIND CENTRE

all of you . one place

YOGA SCHEDULE JAN 7 - MAR 3 (V2, 2019)

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>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> 9:30 - 10:30 am Diane Y	<b>Warm Unlock Your Hips Yoga</b> 9:00 - 10:00 am Erin M	<b>Warm Yin</b> 9:00 - 10:15 am Patricia K	<b>Kundalini Yoga</b> 8:00 - 9:30 am Erin M @ dharmahouse
<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>Gentle Yoga</b> 10:00 - 11:30 am Erin M	<b>55+Fit For Life</b> 9:30 - 10:30 am Anne Parr	<b>Gentle Yoga</b> 10:00 - 11:30 am Erin M	<b>Hot Flow</b> 9:00 - 10:00 am Megan L
<b>Warm Strength &amp; Balance</b> 10:15 - 11:30 am Diane Y	<b>Warm Yin</b> 10:10 - 11:10 am Diane Y	<b>Warm Yin &amp; Twist</b> 10:40 - 11:40 am Diane Y	<b>Hot Flow</b> 10:30 - 11:30 am Diane Y	<b>Hot Power Yoga</b> 10:30 - 11:30 am Megan L	<b>Form &amp; Flow</b> 9:30 - 10:30 am Victoria W
<b>HIIT Yoga</b> 11:45 - 12:35 pm Diane Y	<b>Gentle Flow Yoga</b> 10:30 - 12:00 pm Nancy P	<b>HIIT Yoga</b> 11:45 - 12:35 pm Diane Y	<b>Gentle Flow Yoga</b> 10:30 - 12:00 pm Patricia K	<b>HIIT YOGA</b> REV UP . STRETCH OUT . COOL DOWN Mon & Wed 11:45	<b>Warm Hips &amp; Hammies</b> 10:05 - 11:05 am Megan L
<b>Therapeutic Yoga</b>  for your knees, back, hips & shoulders	<b>Ergonomic Yoga</b> 12:05 - 12:55 pm Anne P	<b>Mom &amp; Baby Yoga</b> 12:45 - 1:45 pm Diane Y	<b>Ergonomic Yoga</b> 12:05 - 12:55 pm Anne P		<b>YIN</b> 10:35 - 11:35 pm Victoria W
	A Deeply relaxing, easy practice to calm your nervous system. Helps to enhance sleep and encourages a peaceful mind		<b>Vagal Yoga</b> Mon 4:30 pm	 <b>Restorative Yoga</b> Mon 7:15 pm	<b>Ashtanga</b> 11:10 - 12:25 pm Sasha R (warm studio)
			<b>Candlelight Restorative Yoga</b> Friday 6:10 pm		<b>SUNDAY</b>
<b>Vagal Yoga</b> 4:30 - 5:30 pm Erin M	<b>New! Vinyasa Flow</b> 4:00 - 5:00 pm Megan L	<b>New! Therapeutic Yoga</b> 2:30 - 3:30 pm Sonia P	<b>Warm Yin</b> 5:00 - 6:00 pm Diane Y	<b>New! Family AG Yoga</b> 3:45 - 4:30 pm Diane Y	<b>Pre-natal Yoga</b> 9:30 - 10:30 am Sara- Kim M
<b>Hot Happy Hips</b> 5:00 - 6:00 pm Latoya L	<b>Warm Deep Stretch</b> 4:30 - 5:30 pm Patricia K	<b>Warm Yin Yoga</b> 5:05 - 6:05 pm Diane Y	<b>HIIT</b> 5:00 - 5:30 pm Sandi O	<b>Antigravity Yoga</b> 4:30 - 5:15 pm Diane Y	<b>Hot Flow</b> 9:30 - 10:30 am Sasha R
<b>Antigravity Yoga</b> 5:35 - 6:20 pm Diane Y	<b>Kundalini Yoga</b> 5:00 - 6:30 pm Erin M	<b>Vinyasa Flow &amp; Balance</b> <b>New! 5:35 - 6:50 pm</b> Megan L	<b>Hot Power Yoga</b> 6:05 - 7:05 pm Diane Y	<b>Hot Vinyasa Flow</b> 4:30 - 5:30 pm Patricia K	<b>Beginner's Hot Bikram Yoga</b> 10:35 - 11:35 am Sara-Kim M
<b>Hot Flow</b> 6:05 - 7:00 pm Latoya L	<b>Warm Strength &amp; Balance Flow</b> 5:40 - 6:40 pm Patricia K	<b>Hot Flow</b> 6:10 - 7:10 pm Diane Y	<b>New! Regenerative Yoga</b> 5:35 - 6:45 pm Shayna	<b>Antigravity Flow (PR)</b> 5:15 - 6:00 pm Diane Y	<b>Family Yoga</b> 10:35 - 11:35 am by (food donation) Janet A
<b>Antigravity Yoga</b> 6:20 - 7:05 pm Diane Y	<b>Zumba (cardio)</b> 6:40 - 7:40 pm Dionne S	<b>Hot Gentle Yoga</b> 7:15 - 8:30 pm Erin M	<b>Hot Yin</b> 7:10 - 8:10 pm Nancy P	<b>Warm Yin</b> 5:35 - 6:35 pm Patricia K	<b>Warm Gentle Yoga</b> 11:45 - 12:45 pm Sara-Kim M
<b>Restorative Yoga</b> 7:15 - 8:30 pm Nancy P	<b>Mindfulness Meditation</b> 7:45 - 8:45 pm David G	<b>Strength &amp; Balance</b> 7:00 - 8:15 pm Nancy P	<b>NEW! Antigravity Yoga</b> 7:15 - 8:00 pm Diane Y	<b>New! Hot Power Yoga</b> 6:40 - 7:40 pm Megan L	<b>New! BOSU Blast</b> 11:45 - 12:45 pm Sandi O
<b>Hot Gentle</b> 7:05 - 8:05 pm Jacklyn R	<b>Hot Hips &amp; Hammies</b> 6:45 - 7:45 pm Sasha R	<b>Thank You Thunder Bay for voting us "Best Yoga Studio" ~ Walleye Magazine</b>		<b>Candlelight Restorative Yoga</b> 6:10 - 7:30 pm Catherine T	<b>Crystal Bowl &amp; Gong Meditation</b> 7:00 - 8:30 pm Erin M ~ by donation
<b>Hot Yin</b> 8:10 - 9:10 pm Jacklyn R	<b>Hot Yin</b> 7:50 - 8:50 pm Megan L			<b>MAT RENTAL FOR HOT YOGA IS \$5 + hst</b>	

PRICING OPTIONS	(prices shown before tax)
<b>drop in / pass</b>	
1 class (pack)	\$15
3 / 6 drop in packs	\$40 / \$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
<b>session (8 wks)</b>	
1 class / wk	\$105
2 classes / wk	\$210
<b>memberships</b>	
1 year	\$89/mo
6 months	\$99/mo
Student membership	\$69/mo (6 mo min)
Student membership	\$260 (4 mo, PAID IN FULL)

**Feb 11<sup>th</sup> - 17<sup>th</sup>**

buy a \$40 pass for unlimited  
yoga classes & bring a friend for **FREE**

*Partner Yoga* with Kimberly V

Saturday Feb 16<sup>th</sup>  
1 - 3:00 pm  
\$30 per couple (space is limited)

LOVE  
WEEK

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





# THE BODYMIND CENTRE

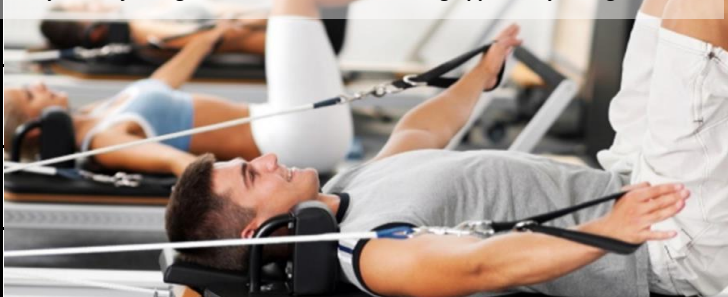
all of you . one place

## PILATES SCHEDULE JAN 7 - MAR 3 (V2, 2019)

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>TRX / Ball/ BOSU</b> 9:00 - 10:00 am Sandi O	<b>Essential Reformer (PR)</b> 9:00 - 10:00 am Sandi O	<b>Gentle Reformer</b> 9:00 - 10:00 am Erin M.	<b>HIIT/ Cardio Tramp</b> 9:15 - 10:00 am Sandi O	<b>TRX / Ball/ BOSU</b> 9:00 - 10:00 am Sandi O	<b>Ess Reformer (PR)</b> 10:00 - 11:00 am Tracey H
<b>Essential Reformer (PR)</b> 10:00 - 11:00 am Sandi O	<b>All Levels Mat Pilates</b> 10:05 - 11:05 am Sandi O	<b>New! BOSU Blast</b> 9:00 - 10:00 am Sandi O	<b>Ess/ Ess+ Mat (PR)</b> 10:00 - 11:00 am Sandi O	<b>Ess Reformer (PR)</b> 10:00 - 11:00 am Sandi O	<b>Intro Reformer (P)</b> 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				<b>SUNDAY</b>
	<b>HIIT</b> 5:00 - 5:30 pm Sandi O	<b>Essential Reformer (P)</b> 4:30 - 5:30 pm Erin M	<b>HIIT</b> 5:00 - 5:30 pm Sandi O	<b>HIIT / CARDIO TRAMP</b> GREAT CARDIO & STRENGTH BUILDING Thurs 9:15 am 	
<b>Essential Reformer (PR)</b> 5:35 - 6:35 pm Erin M.	<b>Essential Mat Pilates</b> 5:30 - 6:15 pm Sandi O	<b>Essential Reformer (P)</b> 5:30 - 6:30 pm Erin M	<b>Essential Reformer (PR)</b> 5:30 - 6:30 pm Sandi O		
<b>Intro Reformer (P)</b> 6:40 - 7:40 pm Erin M.	<b>Cardio Tramp</b> 6:15 pm - 7:00 pm Sandi O		<b>Intro Reformer</b> 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)

<b>drop in / pass</b>	
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
<b>session (8 wks)</b>	
1 class / wk	\$105
2 classes / wk	\$210
1 Reformer / wk	\$128
1 Reformer / 1 Yoga	\$231
<b>memberships</b>	
1 year	\$89/mo
6 months	\$99/mo
Student membership	\$69/mo (6 mo min)
Student membership	\$260 (4 mo, PAID IN FULL)

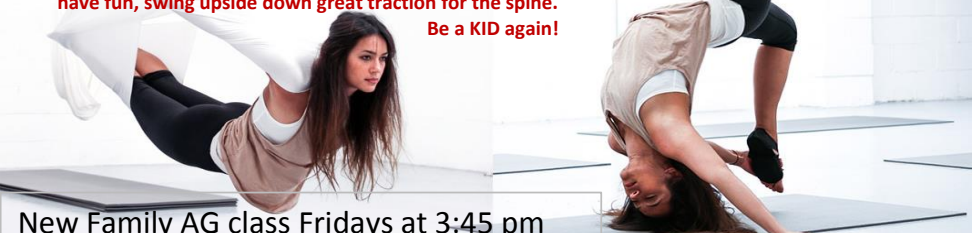


**BOSU Blast**  
Wednesday 9:00 - 10:00 am  
Sunday 11:45 - 12:45 pm

**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