



THE BODYMIND CENTRE

all of you . one place

YOGA SCHEDULE MAR 5 - APR 29 (V1 FEB 26, 2018)

POWER WEEK (MAR 5 - 11) 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
	Beach Body Bootcamp 6:30 - 7:30 am Katherine L		Beach Body Bootcamp 6:30 - 7:30 am Katherine L	Warm Yin 9:00 - 10:00 am Erin M	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	NEW! Hot Vinyasa Flow 10:10 - 11:10 am Megan L	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		Gentle Flow Yoga 10:30 - 12:00 pm Nancy P		Gentle Yoga 11:00 - 12:15 pm Kimberly V
<p>Healing Grief reduces tension, anxiety & depression Weds @ 4:30 - 5:30</p>	Ergonomic Yoga 12:05 - 12:55 pm Anne P		Ergonomic Yoga 12:05 - 12:55 pm Anne P		90 Min Hot Bikram 11:15 - 12:45 pm Sara- Kim M
	<p><i>Sweat now, shine later!</i> Experience Infrared HOT YOGA</p>				New! Antigravity Yoga 12:30 - 1:30 pm Emily B
SUNDAY					
			NEW! Strength & Balance Yo 5:00 - 6:00 pm Kimberly V	Warm Yin 4:30 - 5:30 pm. Patricia K	Hot Flow 9:30 - 10:30 am Sara Kim M
Kundalini Yoga 4:15 - 5:30 pm Erin M	Deep Stretch Warm Yoga 4:30 - 5:30 pm Kimberly V		Hot Yin/Yang 5:30 - 6:30 pm Diane Y	New! Hot Vinyasa Flow 5:35 - 6:35 pm Megan L	Beginner's Hot Bikram Yoga 10:35 - 11:35 am Sara-Kim M
Warm Hip Openers 5:00 - 6:00 pm Susan B	Core Yoga 5:30 - 6:30 pm Janet A	Healing Grief 4:30 - 5:30 pm Erin M	Hot Flow 6:35 - 7:35 pm Diane Y		Family Yoga 10:35 - 11:35 am by food donation
Strength & Balance Yoga 5:45 - 7:00 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 6:10 - 7:10 pm Diane Y		
Hot Flow 6:05 - 7:00 pm Susan B	Beginner's Hot Bikram Yog 6:45 - 7:45 pm Sara-Kim M	Kundalini Yoga 5:35 - 7:00 pm Erin M	New! Restorative Yoga 6:10 - 7:30 pm Kimberly V		Warm Gentle Yoga 11:40 - 12:40 pm Sara-Kim M
Hot Gentle 7:05 - 8:05 pm Jacklyn R	Warm Yin 7:50 - 8:50 pm Sara-Kim M	Hot Flow 6:10 - 7:10 pm Diane Y	Beginner's Meditation 6:45 - 7:45 pm David G	<p>Thank You Thunder Bay for voting us "Best Yoga Studio" ~ Walleye Magazine</p>	Kids Yoga 11:40 - 12:40 pm Jacklyn R
Restorative Yoga 7:15 - 8:30 pm Susan B	NEW! Vinyasa Flow 6:40 - 7:40 pm Janet A	NEW! Yin/Yang Yoga 7:10 - 8:25 pm Patricia K	New! Antigravity Yoga 7:45 - 8:45 pm Micheal M		NEW! 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	Hot YIN 7:40 - 8:45 pm Nancy P		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

Pre-Natal Friendly Classes

YIN · GENTLE · WARM HIP OPENERS · RESTORATIVE YOGA · YIN/YANG YOGA

also Pre-Natal & Post Natal Pilates





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PILATES SCHEDULE MAR 5 - APR 29 (V1 FEB 26, 2018)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Beach Body Bootcamp 6:30 -7:30 am Katherine	HIIT 9:00 - 10:00 am Reija K	Beach Body Bootcamp 6:30 -7:30 am Katherine	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) 10:00 - 11:00 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 11:00 - 12:00 pm Sandi O	 KEEP CALM AND Do Pilates	SUNDAY
NEW! Post- Natal Pilates 11:00 - 12:00 pm Sandi O		Intro Reformer 11:05 -12:05 pm Reija K	 Strive for PROGRESS not perfection.		NEW! Time Saver HIIT 11:00 -11:30 am Reija K
NEW! Time Saver HIIT 5:00 - 5:30 pm Reija K		PiYo 12:00 - 12:55 Reija K			Essential Reformer 11:30 - 12:30 pm Reija
Essential Reformer (PR) 5:30 - 6:30 pm Reija K	Essential Mat (PR) 5:00 - 6:00 pm Susan B	20-20-20 Pilates 5:00 - 6:00 pm Sandi O	HIIT / Mat Pilates (PR) 5:00 - 6:00 pm Reija K		New! Pre-natal Pilates 12:30 - 1:30 pm Reija K
Intro Reformer (P) 6:30 - 7:30 pm Reija K	Intro Mat 6:00 -7:00pm Susan B	HIIT Cardio Tramp(PR) (PR) 6:00 - 7:00 pm Sandi O	Essential Reformer (PR) 6:00 - 7:00 pm Reija K	 Reformer Resistance Training:	

BEACH BODY

Get ready for Summer?
The Beach Body Bootcamp will ensure you have the look and feel you crave



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

H I I T

HIGH INTENS INTERVAL TRAINING

New! Time Saver HIIT
HIIT Cardio Tramp
HIIT Mat Pilates

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

THURS 07:45 Micheal M

SATS 12:30 Emily B

SUN 12:50 PM EMILY B

have fun, swing upside down
great traction for the spine

