



THE BODYMIND CENTRE

all of you . one place

YOGA SCHEDULE MAR 4 - APR 28 (V1, 2019)

POWER WEEK (MAR 4 - 10) 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
New! Hot Flow Yoga 8:00 - 9:00 am Megan L	Warm Power Yoga 9:00 - 10:00 am Diane Y	New! Hot Flow Yoga 7:00 - 8:00 am Erin M	Warm Unlock Your Hips Yoga 9:00 - 10:00 am Erin M	New! Hot Flow Yoga 8:00 - 9:00 am Dawn C	Kundalini Yoga 8:00 - 9:30 am Erin M @ dharmahouse
Warm Unlock Your Hips 9:00 - 10:00 am Erin M	55+ Fit For Life 9:30 - 10:30 am Anne Parr	Hot Flow Yoga 9:30 - 10:30 am Diane Y	55+ Fit For Life 9:30 - 10:30 am Anne Parr	Warm Yin 9:00 - 10:15 am Patricia K	Hot Flow 9:00 - 10:00 am Megan L
Gentle Yoga 10:00 - 11:30 am Erin M	Warm Yin 10:10 - 11:10 am Diane Y	Gentle Yoga 10:00 - 11:30 am Erin M	Hot Flow 10:15 - 11:15 am Diane Y	Gentle Yoga 10:00 - 11:30 am Erin M	Form & Flow 9:30 - 10:30 am Victoria W
Warm Strength & Balance 10:30 - 11:30 am Diane Y	Gentle Flow Yoga 10:30 - 12:00 pm Nancy P	Warm Yin & Twist 10:40 - 11:40 am Diane Y	Gentle Flow Yoga 10:30 - 12:00 pm Patricia K	Hot Power Yoga 10:30 - 11:30 am Megan L	Warm Hips & Hammies 10:05 - 11:05 am Megan L
H I I T Yoga 11:45 - 12:35 pm Diane Y	Ergonomic Yoga 12:05 - 12:55 pm Anne P	H I I T Yoga 11:45 - 12:35 pm Diane Y	Ergonomic Yoga 12:05 - 12:55 pm Anne P	New! Hot Yin 12:00 - 1:00 pm Louis B	YIN 10:35 - 11:35 pm Victoria W

30 Day YOGA+ Challenge

save the date **March 18th**
\$99 for 30 classes in 30 days

Do Something Transformative



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

Vagal Restorative

Tues 5:00 - 6:15

Restorative Yoga

Mons 7:30 - 8:45

Candlelight Restorative Yoga

Friday 6:10 pm

PRIVATE
YOGA + PILATES
SESSIONS
AVAILABLE

New! Hot Iyengar Yoga

11:10 - 12:10 pm

Dawn C

Hot Flow

12:15 - 1:15 pm

Dawn C

Saturday Night Fever

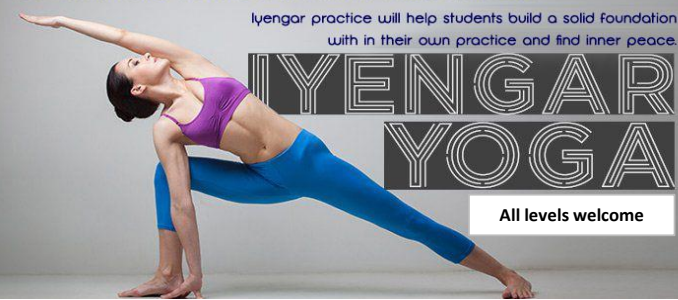
New! Night time classes

Kundalini Yoga 4:30 - 5:45 pm Erin M	Warm Yin 4:30 - 5:30 pm Julie G	Mom & Baby Yoga 12:45 - 1:45 pm Diane Y	Hot Power Yoga 4:30 - 5:30 pm Diane Y	Hot Slow Flow 4:30 - 5:30 pm Patricia K	Hot Yin 6:00 - 7:00 pm Dawn C
Hot Happy Hips 5:00 - 6:00 pm Latoya L	Vagal Restorative Yoga 5:00 - 6:10 pm Erin M	Therapeutic Yoga 2:30 - 3:30 pm Sonia P	Hot Yin 5:35 - 6:35 pm Diane Y	Ashtanga 5:00 - 6:00 pm Brian D/ Sasha R	New! Hot Iyengar Yoga 7:05 - 8:15 pm Dawn C
Antigravity Yoga 5:45 - 6:30 pm Diane Y	Warm Strength & Balance Flow 5:40 - 6:40 pm Megan L	Kid's Antigravity Yoga 4:00 - 4:45 pm Diane Y	Beginner's Yoga 5:00 - 6:30 pm Natasha	Warm Yin 5:35 - 6:35 pm Patricia K	SUNDAY
Hot Flow 6:05 - 7:00 pm Latoya L	Pre-Natal + Restorative Yoga New! 6:15 - 7:15 pm Nancy P	New! Hot Vinyasa Flow 4:00 - 5:00 pm Megan L	Mindfulness Meditation 6:00 - 7:00 pm David G	Candlelight Restorative Yoga 6:10 - 7:30 pm Catherine T/Julie G	Meditation 9:00 - 10:30 am Potala by donation
Antigravity Yoga 6:30 - 7:15 pm Diane Y	Hot Hips & Hammies 6:45 - 7:45 pm Megan L	Warm Yin Yoga 5:00 - 6:00 pm Diane Y	Antigravity Yoga 6:45 - 7:30 pm Diane Y	New! Hot Iyengar Yoga 6:40 - 7:40 pm Dawn C	New! Hot Iyengar Yoga 9:00 - 10:00 am Dawn C
Restorative Yoga 7:30 - 8:45 pm Nancy P	Hot Yin 7:50 - 8:50 pm Kelly M	Restorative Yoga 5:00 - 6:30 pm Natasha	Antigravity Yoga 7:30 - 8:15 pm Diane Y		Hot Flow 10:05 - 11:05 am Dawn C
Hot Gentle 7:05 - 8:05 pm Jacklyn R		Hot Flow 6:05 - 7:05 pm Diane Y	Hot Flow 6:40 - 7:40 pm Nancy P		Beginner's Hot Bikram Yoga 11:10 - 12:10 pm Sara-Kim M
Hot Yin 8:10 - 9:10 pm Jacklyn R		Hot Gentle Yoga 7:10 - 8:30 pm Erin M	Hot Yin 7:45 - 8:45 pm Nancy P		Family Yoga 10:35 - 11:35 am (by food donation) Janet A

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)	4 Sat 11:
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)

Iyengar yoga is a style of yoga that emphasizes precision & physical alignment of the body. It is a complete, powerful & precise system of physical, mental & spiritual culturing. It's aim is the union of the individual spirit with the universal spirit. PEACE

Iyengar practice will help students build a solid foundation with in their own practice and find inner peace.



IYENGAR YOGA

All levels welcome

Warm Gentle Yoga 12:10 - 1:10 pm Sara-Kim M
BOSU Blast 11:45 - 12:45 pm Sandi O
New! Hot Yin 1:15 - 2:15 pm Louis B
Crystal Bowl & Gong Meditation 7:00 - 8:30 pm Erin M ~ by donation
MAT RENTAL FOR HOT YOGA IS \$5 + hst



THE BODYMIND CENTRE

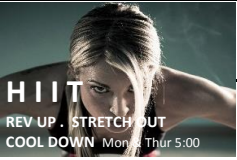

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PILATES SCHEDULE MAR 4 - APR 28 (V1, 2019)

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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	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	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	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
Intro Reformer (P) 1:00 - 2:00 pm Diane Y	 HIIT REV UP . STRETCH OUT COOL DOWN Mon - Thur 5:00	Intro Reformer (P) 10:00 - 11:00 am Sandi O	New! Intro Mat 11:15 -12:15 pm Diane Y	SUNDAY	
		Please observe noble silence inside yoga studios. quiet voice outside studios. NO cell phones in class or change rooms ~ Thank you			BOSU Blast 11:45 -12:45 pm Sandi O
HIIT 5:00 - 5:30 pm Sandi O	Intro Mat Pilates 4:30 - 5:30 pm Diane Y	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 Mat Pilates 5:30 - 6:15 pm Sandi O	Essential Reformer (PR) 5:35 - 6:35 pm Diane Y	Essential Reformer (P) 5:35 - 6:35 pm Erin M	Essential Reformer (PR) 5:30 - 6:30 pm Sandi O		
Reformer Cardio Tramp 6:15 pm - 7:00 pm Sandi O	Intro Reformer (P) 6:40 - 7:40 pm Diane Y		Intro Reformer 6:30 -7:30 pm Sandi O		



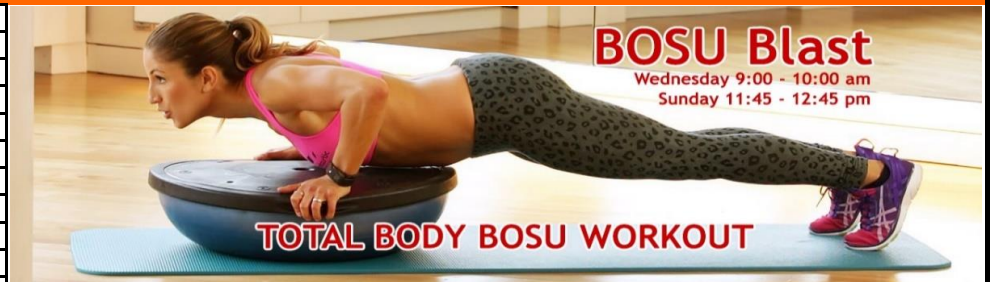
Reformer Resistance Training: Total Body Workout
prevents osteoporosis & keeps your body toned & flexible for your whole life, easy on the joints, great for knee rehab & building upper body strength.



STOTT PILATES:
develop core strength easy on the joints

PRICING OPTIONS (prices before tax)

drop in / pass	
1 class (pack)	\$15
3 pack	\$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)



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!

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" ~ Walleye Magazine