



# THE BODYMIND CENTRE

all of you . one place

YOGA SCHEDULE OCT 29 - DEC 23 (V2, 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>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 Angela S	<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 Diane Y	<b>Form &amp; Flow</b> 9:30 - 10:45 am Georgia W
<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> 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>Warm Yin</b> 10:05 - 11:05 am Megan L
<p><b>align YOGA</b> Wed 7:05 - 8:20 pm</p>	<b>Ergonomic Yoga (T &amp; T)</b> 12:05 - 12:55 pm Anne P	<p><i>Join us!</i> HIIT . HOT YOGA . PILATES . REFORMERS . FLOW YOGA EN FRANÇAIS . ANTIGRAVITY YOGA . ASHTANGA HOT HIPS &amp; HAMMIES . NYC BALLET WORKOUT PRE-NATAL YOGA . ALIGN YOGA . YOGA NIDRA &amp; MORE</p> <p><b>30 Day YOGA+ Challenge</b> starts Nov 12<sup>th</sup> 30 classes in 30 days members FREE Register now   win awesome prizes</p>			<b>Gentle Yoga</b> 10:50 - 12:15 pm Georgia W
	<b>NYC Ballet Workout</b> Thurs 7:35 - 8:35 pm				<b>Sunday</b>
<b>Kundalini Yoga</b> 4:15 - 5:30 pm Erin M	<b>Warm Deep Stretch</b> 4:30 - 5:30 pm Kimberly V	<b>Warm Open Practice</b> New! 4:00 - 5:00 pm Sasha R	<b>Yoga Chaud en Français</b> New! 4:00 - 5:00 pm Kimberly V	<b>New! Antigravity Yoga</b> 3:45 - 4:30 pm Diane Y	<b>Meditation</b> 9:00 - 10:30 am Potala by donation
<b>Hot Happy Hips</b> 5:00 - 6:00 pm Latoya L	<b>Warm Deep Stretch</b> 4:30 - 5:30 pm Kimberly V	<b>Beginner's Meditation</b> 4:45 - 5:30 pm Erin M	<b>Warm Yin</b> 5:00 - 6:00 pm Diane Y	<b>New! Antigravity Yoga</b> 4:30 - 5:15 pm Diane Y	<b>New! Pre-natal Yoga</b> 9:30 - 10:30 am Sara- Kim M
<b>Antigravity Yoga</b> 5:35 - 6:20 pm Diane Y	<b>Vagal Yoga</b> 5:00 - 6:30 pm Erin M	<b>Warm Yin Yoga</b> 5:05 - 6:05 pm Diane Y	<b>New! Ashtanga Yoga</b> 5:00 - 6:00 pm Sasha R	<b>Hot Vinyasa Flow</b> 4:30 - 5:30 pm Patricia K	<b>Hot Flow</b> 9:30 - 10:30 am Sasha R
<b>Hot Flow</b> 6:05 - 7:00 pm Latoya L	<b>Warm Strength &amp; Balance Flow</b> 5:40 - 6:40 pm Kimberly V	<b>Kundalini Yoga</b> 5:35 - 7:00 pm Erin M	<b>Hot Power Yoga</b> 6:05 - 7:05 pm Diane Y	<b>Antigravity Flow (PR)</b> New! 5:15 - 6:00 pm Diane Y	<b>Beginner's Hot Bikram Yoga</b> 10:35 - 11:35 am Sara-Kim M
<b>New! Antigravity Yoga</b> 6:20 - 7:05 pm Diane Y	<b>Zumba</b> 6:40 - 7:40 pm Dionne S	<b>Hot Flow</b> 6:10 - 7:10 pm Diane Y	<b>Restorative Yoga</b> 6:05 - 7:30 pm Angela S	<b>Warm Yin</b> 5:35 - 6:35 pm Patricia K	<b>Family Yoga (FREE)</b> 10:35 - 11:35 am by food donation
<b>Restorative Yoga Nidra</b> 7:15 - 8:40 pm Angela S	<b>Hot Hips &amp; Hammies</b> New! 6:45 - 7:45 pm Sasha R	<b>Hot Gentle Yoga</b> 7:15 - 8:30 pm Erin M	<b>Hot Yin</b> 7:10 - 8:10 pm Nancy P	<b>Candlelight Tantric Yoga</b> 6:10 - 7:30 pm Angela S	<b>Warm Gentle Yoga</b> 11:45 - 12:45 pm Sara-Kim M
<b>Hot Gentle</b> 7:05 - 8:05 pm Jacklyn R	<p>Thank You Thunder Bay for voting us "Best Yoga Studio" ~ Walleye Magazine</p>	<b>New! Align Yoga (all levels)</b> 7:05 - 8:20 pm Nancy P	<b>NYC Ballet Workout</b> New! 7:35 - 8:35 pm Laura W	<p><b>Yoga Chaud en Français</b> SE DÉTENDRE Jeudi 3:50 PM</p>	<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>MAT RENTAL FOR HOT YOGA IS \$5 + hst</b>	<b>Hot Unlock Your Hips</b> New! 8:10 - 9:00 pm Sasha R		

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 Pass (not member)	\$150
Student membership	\$59/mo (6 mo min)
Student membership	\$236 (4 mo, PAID IN FULL)

**New! Intro Ashtanga YOGA**  
Thursday 5:00 - 6:00 pm  
Saturday 11:10 - 12:25 pm

**New! Pre-natal Yoga**  
Sun 9:30 - 10:30 am

Meditation is a powerful tool for accessing your creative inner wisdom and intuition

*Gong & Crystal Bowl Meditation*

Sundays 7:00 - 8:30 pm  
suggested donation \$15



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**PILATES SCHEDULE OCT 29 - DEC 23 (V2, 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>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! 20/20/20</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
 <b>HIIT YOGA</b> REV UP . STRETCH OUT . COOL DOWN Mon & Wed 12:05 pm		<b>Intro Reformer (P)</b> 10:00 - 11:00 am Sandi O	 <b>30 Day YOGA+ Challenge</b> starts Nov 12 <sup>th</sup> 30 classes in 30 days for \$99 members FREE Win awesome prizes		
	<b>HIIT (30)</b> 5:00 - 5:30 pm Sandi O	<b>Essential Reformer (P)</b> 4:30 - 5:30 pm Tracey H			
<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 (PR)</b> 5:30 - 6:30 pm Tracey H	<b>New! Mat Express</b> 5:30 - 6:00 pm Sandi O	 <b>HIIT / CARDIO TRAMP</b> GREAT CARDIO & STRENGTH BUILDING Thurs 9:15 am	
<b>Intro Reformer (P)</b> 6:35 - 7:35 pm Erin M.	<b>Cardio Tramp</b> 6:15 pm - 7:00 pm Sandi O		<b>Essential Reformer (PR)</b> 6:00 - 7:00 pm Sandi O		



## STOTT PILATES

develop core strength  
easy on the joints

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



### Reformer Resistance Training:

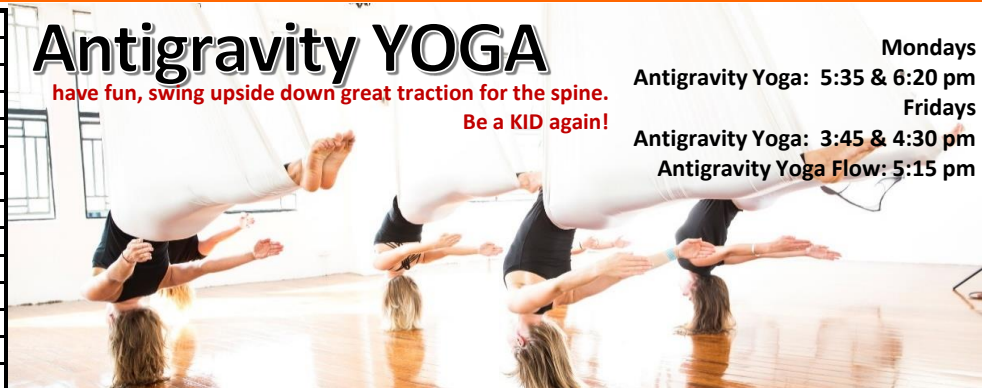
prevents osteoporosis & keeps your body toned & flexible  
for your whole life, easy on the joints,

### PRICING OPTIONS (prices before tax)

<b>drop in</b>	
1 class	\$14
Reformer	\$16
12 cls pkg (reformer)	\$175 (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 Pass (not member)	\$150
Student membership	\$59/mo (6 mo min)

## Antigravity YOGA

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



**Mondays**  
Antigravity Yoga: 5:35 & 6:20 pm  
**Fridays**  
Antigravity Yoga: 3:45 & 4:30 pm  
Antigravity Yoga Flow: 5:15 pm

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.  
**Experience the magic of**  
KY is great to regulate emotions, hormones and the Vagal system resulting in  
equanimity and good health. Join in anytime.

## Kundalini yoga

**Restorative Yoga Nidra: Monday 7:15 - 8:40 pm**

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