



THE BODYMIND CENTRE

all of you . one place

YOGA SCHEDULE SEP 5 - OCT 29 (V2 SEPT 11, 2017)

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	
PiYo 6:30 - 7:30 am Reija K	New! Hot Vinyasa Yoga 6:45 - 7:45 am Monique K	PiYo 6:30 - 7:30 am Reija K	Sunrise Yoga 6:45 - 7:45 am Monique K	Warm Yin 9:00 - 10:15 am Angela S	Kundalini Yoga 8:00 - 9:30 am Erin M @ dharmahouse	
Warm Unlock Your Hips 8:45 - 10:00 am Erin M	Warm Power Yoga 9:00 - 10:00 am Diane Y	New! Hatha Yoga 8:00 - 9:00 am Monique K	Warm Unlock Your Hips Yoga 8:45 - 10:00 am Erin M	Gentle Yoga 10:00 - 11:30 am Erin M	Hot Power Yoga 9:00 - 10:00 am Sara- Kim M	
Gentle Yoga 10:00 - 11:30 am Erin M	55+Fit For Life 9:30 - 10:30 am Anne Parr	New! Hot Booty Yoga 9:10 - 10:10 am Diane Y	55+Fit For Life 9:30 - 10:30 am Anne Parr	Mom & Baby Yoga 11:40 - 12:40 pm Diane Y	Beginner Antigravity Yoga 8:50 - 9:50 am Diane Y	
Warm Yin Yang 10:10 - 11:10 am Angela S	90 min Warm Yin 10:10 - 11:40 am Diane Y	Kundalini Yoga 10:00 - 11:30 am Erin M	Hot Strength & Balance 10:10 - 11:10 am Monique K	Antigravity Yoga 12:50 - 1:50 pm Diane Y	Form & Flow 10:00 - 11:00 am Kimberly V	
<p>Vagal Breathing reduces tension, anxiety, depression & inflammation Weds @ 4:30pm</p>	Gentle Flow Yoga 10:30 - 12:00 pm Nancy P	Warm Yin & Twist 10:15 - 11:15 am Diane Y	Gentle Flow Yoga 10:30 - 12:00 pm Nancy P	<p>DROP AND GIVE ME ZEN</p>	Warm Yin 10:05 - 11:05 am Sara-Kim M	
	Ergonomic Yoga 12:05 - 12:55 pm Anne P	PiYo 12:00 - 1:00 pm Reija K	Ergonomic Yoga 12:05 - 12:55 pm Anne P		Prenatal Yoga 11:10 - 12:30 pm Sara-Kim M	
	<p>Thank You Thunder Bay for voting our own Dani R, Kimberly V & Erin M "Best Yoga Instructors" ~ Walleye Magazine</p>				New! Power Yoga 1:00 - 2:00 pm Monique K	Hot Strength & Balance 11:10 - 12:10 pm Nancy P
	New! Kid's Antigravity Yoga 3:30 - 4:30 pm Diane Y	<p>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</p>				SUNDAY
Kundalini Yoga 4:15 - 5:30 pm Erin M	New! Teen Antigravity Yoga 4:30 - 5:30 pm Diane Y	Warm Yin 4:00 - 5:00 pm Susan B	Gentle Flow Yoga 5:30 - 6:30 pm Angela S	Warm Yin 4:30 - 5:30 pm. Patricia K	Hot Form & Flow 9:00 - 10:00 am Sasha R	
Warm Hip Openers 5:00 - 6:00 pm Angela S	Deep Stretch Warm Yoga 4:00 - 5:00 pm Kimberly V	Warm Yin 4:00 - 5:00 pm Susan B	Gentle Flow Yoga 5:30 - 6:30 pm Angela S	Warm Yin 4:30 - 5:30 pm. Patricia K	Hot Form & Flow 9:00 - 10:00 am Sasha R	
Strength & Balance Yoga 5:35 - 7:00 pm Monique K	Beginner Antigravity Yoga 5:30 - 6:30 pm Diane Y	New! Vagal Breathing 4:30 - 5:30 pm Erin M	Hot Yin/Yang 5:30 - 6:30 pm Sasha R	Ashtanga Primary 1 5:00 - 6:00 pm Sasha R	Hatha Yoga 9:30 - 10:40 am Jan A	
Hot Flow 6:05 - 7:05 pm Sasha R	Warm Strength & Balance Flow 5:15 - 6:15 pm Kimberly V	Happy Back Hot Yoga 5:05 - 6:05 pm Diane Y	Hot Flow 6:35 - 7:35 pm Diane Y	Hatha Yoga 6:05 - 7:05 pm Jan A	Hot Bikram Yoga 10:05 - 11:05 am Sara-Kim M	
Mindfulness Meditation 6:30 - 7:30 pm (by donation) David G @ dharmahouse	Intermediate Antigravity 6:35 - 7:35 pm Diane Y	Kundalini Yoga 5:35 - 7:00 pm Erin M	Restorative Yoga 6:35 - 7:35 pm Susan B	Hot Strength & Balance 5:35 - 6:35 pm Monique K	SUNDAY ~ by food donation Free Community Yoga 10:45 - 11:45 am	
Hot Gentle 7:10 - 8:10 pm Jacklyn R	Warm Hips & Hammies 6:20 - 7:20 pm Sasha R	Hot Flow 6:10 - 7:10 pm Diane Y	80 min Hot YIN 7:40 - 9:00 pm Nancy P	Candlelight Yoga 7:15 - 8:30 pm (by donation to The Boys & Girls Club)	Warm Gentle Yoga 11:10 - 12:10 pm Sara-Kim M	
New! Restorative Yoga 7:05 - 8:35 pm Susan B	New! Hot Bikram 7:25 - 8:25 pm Sara Kim M	Strength & Balance 7:10 - 8:20 pm Patricia K	Beginner Antigravity Yoga 7:45 - 8:45 pm Diane Y		Kids Yoga 11:50 - 12:30 pm Jacklyn R	
Hot Yin 8:15 - 9:15 pm Jacklyn R	New! Hatha Yoga 7:45 - 8:45 pm Monique K	Hot Yoga for Cross Fitters & Runners 7:15 - 8:30 pm Sasha R	<p>Please observe noble silence inside yoga studios. quiet voice outside studios. NO cell phones in class or change rooms ~ Thank you</p>		New! Yoga of Recovery 12:45 - 2:15 pm Susan B	

PRICING OPTIONS (prices shown before tax)

drop in	
1 class	\$13
12 class package	\$143 (1 FREE)
session (8 wks)	
1 class / wk	\$88
2 classes / wk	\$170
1 Reformer / wk	\$100
1 Reformer / 1 Yoga	\$180
memberships	
1 year	\$79/mo
6 months	\$99/mo
1 month	\$149/mo
Student membership	\$59/mo

YOGA of RECOVERY

Yoga of Recovery was founded by Durga Leela, a recovering alcoholic, yoga teacher and Ayurvedic practitioner. Durga's prescription creates a solid base for recovery rooted in the 12 Steps and 6 Tenets of Yoga and its sister science, Ayurveda. Yoga of Recovery reunites the Body, Mind and Spirit within the practitioner, allowing them to heal from within.

Experience Infrared HOT YOGA

CRYSTAL BOWLS GONG MEDITATION

SUNDAYS 7 - 8:30 PM
everyone welcome
by donation

DEEPLY RELAXING

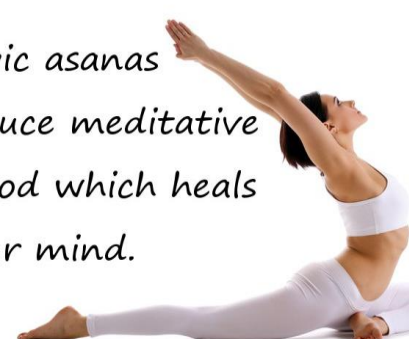


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PILATES SCHEDULE SEP 5 - OCT 29 (V2 SEPT 11, 2017)

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
PiYo 6:30 - 7:30 am Reija K	Essential Reformer (PR) 9:00 - 10:00 am Sandi O	PiYo 6:30 - 7:30 am Reija K	Ess/Ess+ Mat (PR) 9:00 - 10:00 am Sandi O	TRX / Ball/ BOSU 9:00 - 10:00 am Sandi O	Ess + Reformer (PR) 10:00 - 11:00 am Tracey/ Laurie
TRX / Ball/ BOSU 9:00 - 10:00 am Sandi O	I Love Pilates... <i>"If your sleep is disturbed, rise immediately and perform your (Pilates Mat) exercises. It is far better to be tired from physical exertion than to be fatigued by the 'poisons' generated by nervousness while lying awake."</i> - Joseph H. Pilates (Return to Life, p 31)	TRX / Ball/ BOSU 9:00 - 10:00 am Reija K	New! HIIT/ Cardio Tramp 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/ Laurie
Essential Reformer (PR) 10:00 - 11:00 am Sandi O		Gentle Reformer 9:00 - 10:00 am Erin M	• IF IT'S EASY IT'S PROBABLY NOT PILATES	<i>Yogic asanas induce meditative mood which heals your mind.</i>	
20-20-20 Pilates 4:30 - 5:30 pm Reija K		Mat/ Reformer (PR) 10:00-11:00 am Reija K			
Essential Reformer (PR) 5:30 - 6:30 pm Reija K	Essential Mat (PR) 5:00 - 6:00 pm Tracey H	PiYo 12:00 - 1:00 pm Reija K	Essential Mat Pilates (PR) 5:30 - 6:30 pm Reija K		
Intro Reformer (P) 6:30 - 7:30 pm Reija K	Intro Mat Pilates (P) 6:00 - 7:00 pm Tracey H	20-20-20 Pilates 5:00 - 6:00 pm Sandi O	Essential Reformer (PR) 6:30 - 7:30 pm Reija K		

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



Cardio Tramp Reformer(PR) (PR) 6:00 - 7:00 pm
Sandi O



New! HIIT Pilates latest research shows High Intensity Interval Training enhances cellular repair, increases longevity, great cardio and tones muscle tissue.



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Reformer	\$15
12 class package	\$143 (1 FREE)
session (8 wks)	
1 class / wk	\$88
2 classes / wk	\$170
1 Reformer / wk	\$100
1 Reformer / 1 Yoga	\$180
memberships	
1 year	\$79/mo
6 months	\$99/mo
1 month	\$149/mo
Student membership	\$59/mo



HOT CORE FUSION

Pilates / Yoga Class in Hot Room



Total Body Barre

Thurs @ 4:30



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

KUNDALINI YOGA

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, hormones and the Vagus system resulting in equanimity and good health. Join in anytime.

Antigravity YOGA

& AG Yin/Restorative. super relaxing have fun, swing upside down great traction for the spine

New! Kid's and Teen Antigravity Yoga