



THE BODYMIND CENTRE

all of you . one place

YOGA SCHEDULE SEP 4 - OCT 28 (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
Warm Unlock Your Hips 9:00 - 10:00 am Erin M	Warm Power Yoga 9:00 - 10:00 am Diane Y	Hot Flow Yoga 9:30 - 10:30 am Diane Y	Warm Unlock Your Hips Yoga 9:00 - 10:00 am Erin M	Warm Yin 9:00 - 10:15 am Angela S	Kundalini Yoga 8:00 - 9:30 am Erin M @ dharmahouse
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	Gentle Yoga 10:00 - 11:30 am Erin M	Hot Flow 9:00 - 10:00 am Megan L
Warm Power 10:40 - 11:40 am Diane Y	Warm Yin 10:10 - 11:10 am Diane Y	Warm Yin & Twist 10:40 - 11:40 am Diane Y	Hot Flow 10:30 - 11:30 am Diane Y	Hot Power Yoga 10:30 - 11:30 am Diane Y	Form & Flow 9:30 - 10:45 am Kelly R
New! HIIT Yoga 12:05 - 12:55 pm Diane Y	Gentle Flow Yoga 10:30 - 12:00 pm Patricia K	New! HIIT Yoga 12:05 - 12:55 pm Diane Y	Gentle Flow Yoga 10:30 - 12:00 pm Nancy P	Mom & Baby Yoga 11:45 am - 1:00 pm Diane Y	Warm Yin 10:05 - 11:05 am Megan L
<p>Infrared HOT YOGA</p> <p>MAT RENTAL FOR HOT YOGA IS \$5 + TAX</p>	Ergonomic Yoga 12:05 - 12:55 pm Anne P		Ergonomic Yoga 12:05 - 12:55 pm Anne P	<p>POWER YOGA THURS 5:30</p>	Gentle Yoga 10:50 - 12:15 pm Kelly R
	<p>HIIT YOGA</p> <p>REV UP . STRETCH OUT . COOL DOWN</p> <p>mon + wed - 12:05</p>				
					SUNDAY
					Meditation 9:00 - 10:30 am Potala by donation
Kundalini Yoga 4:15 - 5:30 pm Erin M	Warm Yin 4:30 - 5:30 pm Patricia K	Shred Yoga 4:30 - 5:30 pm Kelly R	Warm Yin 4:30 - 5:30 pm Diane Y	Hot Vinyasa Flow 4:30 - 5:30 pm Patricia K	Hot Flow 9:30 - 10:30 am Sara Kim M
Hot Happy Hips 5:00 - 6:00 pm Latoya L	Vagal Yoga 5:00 - 6:30 pm Erin M	Warm Yin Yoga 5:05 - 6:05 pm Diane Y	Yin / Yang Yoga 5:00 - 6:00 pm Angela S	Antigravity Yoga 5:00 - 6:00 pm Diane Y	Beginner's Hot Bikram Yoga 10:35 - 11:35 am Sara-Kim M
Antigravity Yoga 5:40 - 6:40 Diane Y	Warm Strength & Balance Flow 5:35 - 6:35 pm Kimberly V	Kundalini Yoga 5:35 - 7:00 pm Erin M	Hot Power Yoga 5:30 - 6:30 pm Diane Y	Warm Yin 5:35 - 6:35 pm Patricia K	Family Yoga (FREE) 10:35 - 11:35 am by food donation
Hot Flow 6:05 - 7:00 pm Latoya L	Zumba 6:40 - 7:40 pm Dionne S	Hot Flow 6:10 - 7:10 pm Diane Y	Restorative Yoga 6:05 - 7:30 pm Angela S	Candlelight Tantric Yoga 6:10 - 7:30 pm Angela S	Warm Gentle Yoga 11:45 - 12:45 pm Sara-Kim M
Restorative Yoga Nidra 6:50 - 8:15 pm Angela S	Warm Deep Stretch 6:45 - 7:45 pm Kimberly V	Gentle Hot Yoga 7:15 - 8:30 pm Erin M	Hot Yin 6:40 - 7:45 pm Nancy P		Kid's Yoga 11:45 - 12:45 pm Jacklyn R
Hot Gentle 7:05 - 8:05 pm Jacklyn R	<p>Thank You Thunder Bay for voting us "Best Yoga Studio" ~ Walleye Magazine</p>	<p>Please observe noble silence inside yoga studios, quiet voice outside studios. NO cell phones in class or change rooms ~ Thank you</p>	New! Body Barre 7:30 - 8:30 pm Laura W		Crystal Bowl & Gong Meditation 7:00 - 8:30 pm Erin M ~ by donation
Hot Yin 8:10 - 9:10 pm Jacklyn R			Vagal Yoga ~ SPECIAL breath work, gentle stretching reduces tension, anxiety & depression. Find your zen zone. Tues @ 5:00 - 6:30 pm		

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

Meet me at the Barre

Thurs 7:30 - 8:30 pm



Tone + sculpt your glutes, hammies & calves

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 SEP 4 - OCT 28 (V2, 2018)

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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	Gentle Reformer 9:00 - 10:00 am Erin M.	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 H
Essential Reformer (PR) 10:00 - 11:00 am Sandi O	All Levels Mat Pilates 10:05 - 11:05 am Sandi O	HIIT (45) 9:15 - 10:00 am Sandi O	HIIT/ Cardio Tramp 10:00 - 10:30 am Sandi O	Ess Reformer (PR) 10:00 - 11:00 am Sandi O	Ess Reformer (PR) 11:00 - 12:00 pm Tracey H
Wednesday 9:15 am Tues & Thurs 5:00 pm	HIIT (30) 5:00 - 5:30 pm Sandi O	Pilates Mat / Reformer 10:00 - 11:00 am Sandi O	Intro Reformer (P) 10:35 - 11:35 am Sandi O	<i>Strive for PROGRESS not perfection.</i>	SUNDAY
	Essential Reformer (PR) 5:35 - 6:35 pm Erin M.	Intro Reformer (P) 4:30 - 5:30 pm Tracey H	Essential Reformer (PR) 5:30 - 6:30 pm Sandi O	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.	
	Essential Mat Pilates 5:30 - 6:15 pm Sandi O	New ! Mat Express (PR) 5:30 - 6:00 pm Tracey H	Essential Reformer (PR) 5:30 - 6:30 pm Sandi O		
	Intro Reformer (P) 6:40 - 7:40 pm Erin M.	Essential Reformer (PR) 6:00 - 7:00 pm Tracey H	All Levels Mat Pilates 6:30 - 7:30 pm Sandi O		



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

PRICING OPTIONS (prices before tax)

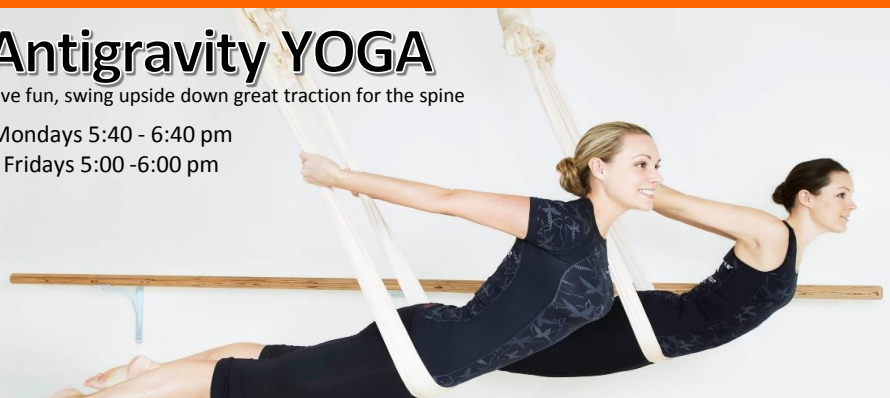
drop in	
1 class	\$14
Reformer	\$16
12 cls pkg (reformer)	\$175 (1 FREE)
session (8 wks)	
1 class / wk	\$96
2 classes / wk	\$192
1 Reformer / wk	\$112
1 Reformer / 1 Yoga	\$194
memberships	
1 year	\$79/mo
6 months	\$99/mo
1 month Pass (not member)	\$150
Student membership	\$59/mo (6 mo min)

Antigravity YOGA

have fun, swing upside down great traction for the spine

Mondays 5:40 - 6:40 pm

Fridays 5:00 - 6:00 pm



Restorative Yoga Nidra: Monday 6:50 pm

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



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