



THE BODYMIND CENTRE

all of you . one place

YOGA & PILATES SCHEDULE DEC 24 - 30 (V1, 2018)

Christmas Pass ~ Unlimited Classes for only \$30

(PR)= pre-requisites required (classes subject to minimum registration of 4 people)

MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28	SATURDAY 29	
Warm Unlock Your Hips 9:00 - 10:00 am Erin M	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Stay Fit & Happy During the Holidays</p>	Warm Unlock Your Hips Yoga 9:00 - 10:00 am Erin M	Warm Yin 9:00 - 10:15 am Patricia K	Kundalini Yoga 8:00 - 9:30 am Erin M @ dharmahouse		
TRX / Ball/ BOSU 9:00 - 10:00 am Sandi O		HIIT/ Cardio Tramp 9:15 - 10:00 am Sandi O	TRX / Ball/ BOSU 9:00 - 10:00 am Sandi O	Hot Flow 9:00 - 10:00 am Sasha R		
Essential Reformer (PR) 10:00 - 11:00 am Sandi O		Ess/ Ess+ Mat (PR) 10:00 - 11:00 am Sandi O	Ess Reformer (PR) 10:00 - 11:00 am Sandi O	Form & Flow 9:30 - 10:30 am Victoria W		
Gentle Yoga 10:00 - 11:30 am Erin M		Hot Flow 10:30 - 11:30 am Diane Y	Gentle Yoga 10:00 - 11:30 am Erin M	Ess Reformer (PR) 10:00 - 11:00 am Tracey H		
Warm Strength & Balance 10:15 - 11:30 am Kimberly V		Gentle Flow Yoga 10:30 - 12:00 pm Patricia K	Hot Power Yoga 10:30 - 11:30 am Diane Y	Ashtanga (warm) 10:05 - 11:05 am Sasha R		
HIIT Yoga 11:45 - 12:35 pm Shayna			HIIT Yoga 11:45 - 12:35 pm Diane Y	Yin 10:35 - 11:35 pm Victoria W		
		Please observe noble silence inside yoga studios. quiet voice outside studios. NO cell phones in class or change rooms ~ Thank you		Ess Reformer (PR) 11:00 - 12:00 pm Tracey H		
XMAS EVE				Thank You Thunder Bay for voting us "Best Yoga Studio" ~ Walleye Magazine	New! Family Antigravity 3:45 - 4:30 pm Diane Y	SUNDAY 30
				Hot Power Yoga 5:00 - 6:00 pm Diane Y	Antigravity Yoga 4:30 - 5:15 pm Diane Y	Meditation 9:00 - 10:30 am Potala by donation
				Ashtanga Yoga 5:30 - 6:30 pm Sasha R	Hot Vinyasa Flow 4:30 - 5:30 pm Patricia K	Hot Flow 9:30 - 10:30 am Sasha R
			Essential Reformer 5:00 - 6:00 pm Sandi O	Antigravity Yoga 5:15 - 6:00 pm Diane Y	Beginner's Hot Bikram Yoga 10:35 - 11:35 am Sara-Kim M	
			Warm Yin 6:05 - 7:05 pm Diane Y	Warm Yin 5:35 - 6:35 pm Patricia K	Family Yoga (FREE) 10:35 - 11:35 am by food donation	
				Candlelight Yoga Nidra 6:10 - 7:30 pm Georgia W	Warm Gentle Yoga 11:45 - 12:45 pm Sara-Kim M	
					Crystal Bowl & Gong Meditation 7:00 - 8:30 pm Erin M ~ by donation	
			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.			

Christmas Schedule
 Dec 24 - Jan 06
 \$30 pass for unlimited classes

MAT RENTAL FOR
HOT YOGA IS \$5 + hst

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)

Top 10 Wish List

- 1 - lululemon for women & men
- 2 - ivivva for girls
- 3 - Shiatshu massagers
- 4 - Dottera oils & diffusers
- 5 - Bare Organics

- 6 - Yoga Accessories
- 7 - Gift cards
- 8 - Massage (RMT)
- 9 - BMC Tea Blends
- 10 - Classes & memberships

We have something for everyone



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YOGA & PILATES SCHEDULE DEC 24 - 30 (V1, 2018)

Christmas Pass ~ Unlimited Classes for only \$30

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

Wishing you a great New Year 2019

MONDAY 31	TUESDAY JAN 1	WEDNESDAY JAN 2	THURSDAY JAN 3	FRIDAY JAN 4	SATURDAY JAN 5	
Warm Unlock Your Hips 9:00 - 10:00 am Erin M	Wishing you a great New Year 2019	Gentle Reformer 9:00 - 10:00 am Erin M.	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 - 9:25 am Erin M @ BMC	
TRX / Ball/ BOSU 9:00 - 10:00 am Sandi O		HIIT/ TRX 9:00 - 10:00 am Sandi O	HIIT/ Cardio Tramp 9:15 - 10:00 am Sandi O	TRX / Ball/ BOSU 9:00 - 10:00 am Sandi O	Hot Flow 9:00 - 10:00 am Sasha R	
Essential Reformer (PR) 10:00 - 11:00 am Sandi O		Essential Reformer (PR) 10:00 - 11:00 am Sandi O	Ess/ Ess+ Mat (PR) 10:00 - 11:00 am Sandi O	Ess Reformer (PR) 10:00 - 11:00 am Sandi O	Form & Flow 9:30 - 10:30 am Victoria W	
Gentle Yoga 10:00 - 11:30 am Erin M		Hot Flow Yoga 9:30 - 10:30 am Diane Y	Hot Flow & Balance 10:05 - 11:05 am Kimberly V	Gentle Yoga 10:00 - 11:30 am Erin M	Ess Reformer (PR) 10:00 - 11:00 am Erin M	
Warm Strength & Balance 10:15 - 11:30 am Diane Y		Gentle Yoga 10:00 - 11:30 am Erin M	Warm Deep Stretch 11:10 - 12:10 pm Kimberly V	Hot Power Yoga 10:30 - 11:30 am Diane Y	Ashtanga 10:05 - 11:05 am Sasha R (warm studio)	
HIIT Yoga 11:45 - 12:35 pm Diane Y		Warm Yin & Twist 10:40 - 11:40 am Diane Y	Gentle Flow Yoga 10:30 - 12:00 pm Patricia K	HIIT Yoga 11:45 - 12:35 pm Diane Y	YIN 10:35 - 11:35 pm Victoria W	
		HIIT Yoga 11:45 - 12:35 pm Diane Y			Ess Reformer (PR) 11:00 - 12:00 pm Erin M	
					Intro Reformer Demo 12:05 - 12:35 pm Erin M	
			Mat Pilates 5:00 - 6:00 pm Sandi O	Essential Reformer (PR) 5:00 - 6:00 pm Sandi O	New! Family Antigravity 3:45 - 4:30 pm Diane Y	Warm Yin 11:10 - 12:10 pm Sasha R
			Warm Yin Yoga 5:05 - 6:05 pm Diane Y	Warm Yin 5:00 - 6:00 pm Patricia K	Antigravity Yoga 4:30 - 5:15 pm Diane Y	Intro Antigravity 12:40 - 1:10 pm Diane Y
			Essential Reformer (PR) 6:05 - 7:05 pm Sandi O	Ashtanga Yoga 5:30 - 6:30 pm Sasha R	Hot Vinyasa Flow 4:30 - 5:30 pm Patricia K	Intro Antigravity 1:10 - 1:40 pm Diane Y
			Hot Flow 6:10 - 7:10 pm Diane Y	Hot Power Yoga 6:05 - 7:05 pm Latoya L	Antigravity Yoga 5:15 - 6:00 pm Diane Y	Chakra Connection Workshop 1:45 - 2:45 pm Erin May
				Hot Yin 7:10 - 8:10 pm Latoya L	Warm Yin 5:35 - 6:35 pm Patricia K	Loving Kindness Meditation 3:00 - 4:00 pm Erin May
					Candlelight Yoga Nidra 6:10 - 7:30 pm Georgia W	

MAT RENTAL FOR HOT YOGA IS \$5 + hst

Thank You Thunder Bay for voting us "Best Yoga Studio" ~ Walleye Magazine

PRICING OPTIONS (prices shown before tax)	
drop in / pass	
1 class (pack)	\$15
3 pack	\$40
6 pack	\$80
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	\$192
1 Reformer / wk	\$128
1 Reformer / 1 Yoga	\$200
memberships	
1 year	\$89/mo
6 months	\$99/mo
Student membership	\$69/mo (6 mo min)
Student membership	\$260 (4 mo, PAID IN FULL)

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

Join us! *Jan 5th*
NEW YEAR OPEN HOUSE
 FREE classes, workshops & door prizes
 sign up for a FREE massage

new session starts Jan 7th
POWER WEEK Enjoy unlimited classes for only \$30

100's classes to choose from there's something for everyone.
 Hot Yoga . Gentle . Bikram . Flow . Yin . HIIT
 Pilates . Reformer . Unlock Your Hips . Restorative
 antigravity yoga & more

Be your best this year get a membership and play every day

Meditation 9:00 - 10:30 am Potala by donation
Hot Flow 9:30 - 10:30 am Sasha R
Beginner's Hot Bikram Yoga 10:35 - 11:35 am 10:35 - 11:35 Sara-Kim M
Family Yoga (FREE) 10:35 - 11:35 am by food donation
Warm Gentle Yoga 11:45 - 12:45 pm Sara-Kim M
Crystal Bowl & Gong Meditation 7:00 - 8:30 pm Erin M ~ by donation

