



## Yoga Class Schedule April 22nd - June 15th 2024

We recommend bringing your own Yoga Mat to class - we do have a small amount available to rent if you forget yours. It is also highly recommended that you bring yoga blocks and a yoga strap to all Yin, Gentle and Hips & Hammies classes. Plus a bolster, cushion or pillow for all Gentle & Kundalini classes as we have a limited amount here at the centre.

Boxed classes are Pre-Natal friendly!

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Warm Hips &amp; Hammies</b> 9:00 - 10:00 Erin	<b>Hot Sculpt &amp; Tone</b> 9:30 - 10:30 Monica	<b>Warm Neck &amp; Shoulders Yoga</b> 9:00 - 10:00 Erin	<b>Hot Pilates Flow</b> 9:30 - 10:30 Monica	<b>Warm Yin + Meditation</b> 9:00 - 10:15 Angela	<b>Kundalini Yoga</b> 8:00 - 9:30 Erin
<b>Gentle Yoga</b> 10:00 - 11:30 Erin	<b>55+ Fit for Life</b> 9:30 - 10:30 Anne	<b>Gentle Yoga</b> 10:00 - 11:30 Erin	<b>55+ Fit for Life</b> 9:30 - 10:20 Anne	<b>Gentle Yoga</b> 10:00 - 11:30 Erin	<b>Hot Flow</b> 9:00 - 10:00 Jackii
<b>Warm Flow</b> 10:05 - 11:05 Monica	<b>Warm Yin</b> 10:35 - 11:35 Monica	<b>Hot Dynamic Flow</b> 10:05 - 11:05 Monica	<b>Hot Unlock Your Hips</b> 10:30 - 11:30 Monica	<b>Hot Flow</b> 10:20 - 11:20 Monica	<b>Warm Yin</b> 10:05 - 11:05 Jackii
<b>Hot Mat Pilates</b> 11:15 - 12:15 Monica	<b>Gentle Yoga</b> 10:30 - 11:30 Irene	<b>Hot Mat Pilates</b> 11:15 - 12:15 Monica	<b>Gentle Yoga</b> 10:30 - 11:30 Irene	<b>Hot Power Flow</b> 5:15 - 6:15 Lana	<b>Hot Yoga Boot Camp</b> 11:15 - 12:15 Lana
	<b>Ergonomic Yoga</b> 12:00 - 12:50 Anne		<b>Ergonomic Yoga</b> 12:00 - 12:50 Anne	<b>Warm Yin</b> 6:20 - 7:20 Lana	<b>Warm Chakra Flow</b> 12:30 - 1:30 Fatima
	<b>Warm Hips &amp; Hammies</b> 4:30 - 5:30 Erin		<b>Warm Hips &amp; Hammies</b> 4:00-5:00 Erin		<b>Community Yoga by donation</b> 2:40 - 3:40 Lori
<b>Gentle Vagal Yoga</b> 5:00 - 6:30 Erin	<b>Hot Sculpt &amp; Tone</b> 5:30 - 6:30 Monica		<b>Hot Mat Pilates</b> 5:00-6:00 Monica		
<b>Hot Flow</b> 5:15 - 6:15 Jackii	<b>Grief Yoga</b> 5:30 - 6:30 Kelly M.	<b>Hot Flow</b> 5:15- 6:15 Kim	<b>Hot Sculpt &amp; Tone</b> 6:05 - 7:05 Monica		
<b>Warm Deep Stretch</b> 6:25 - 7:25 Jackii	<b>Warm Yin</b> 6:35 - 7:35 Angela	<b>Warm Yin</b> 6:20-7:20 Kim	<b>Community Yoga by donation</b> 5:30 - 6:30 Jennifer		
<b>Warm Yin + Yoga Nidra</b> 7:30 - 8:30 Patricia	<b>Anti-Gravity</b> 6:40-7:40 Victoria		<b>Warm Yin</b> 7:15 - 8:15 Patricia		

**CHECK IT OUT**

New Moon Solar Eclipse Healing Sound Bath  
Sunday, April 7th 7:00-9:00pm with Erin

Discover the Power of Letting Go w/ Dr. Steve Fonso  
Tuesday April 9, 16, 23rd 5:30-7:30pm

Reiki Level 1 Workshop  
Sunday, April 14th 9am-5pm \$250


*Cancellations made less than 8 hours to the start of class will be subject to our late cancellation/no show policy. 3 Late cancels/no shows will result in online booking restrictions for 1 month. See Updates and Policies on back.*





## Pilates Reformer Schedule April 22nd - June 15th

New Beginner Reformer Level I Reformer is a progressive class. We require participants to begin within the first 2 weeks of our 8 week session and complete a full session before gaining access to the Essential Reformer class. If you do not begin within the first 2 weeks, You may begin in our Reformer Basics class before joining our next 8 week session of New Beginner Reformer. Private sessions also available for beginners. We recommend New Beginner Reformer students pre-book the entire 8 weeks to secure their spot in the class.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Beginner Reformer(P)</b> (Start by May 4th) 9:00 - 10:00 Jeanette	<b>Essential Reformer (PR)</b> 9:30 - 10:30 Sandi	<b>Pilates Mat</b> 9:00- 10:00 Sandi	<b>Essential Reformer (PR)</b> 9:30 - 10:30 Sandi	<b>Wall &amp; Ball Pilates</b> 9:00- 10:00 Jeanette	<b>Essential Reformer (PR)</b> 9:00-10:00 Kim
<b>Pilates Mat</b> 9:00- 10:00 Sandi	<b>Essential Reformer (PR)</b> 12:00 - 1:00 Monica	<b>Essential Reformer (PR)</b> 10:00 - 11:00 Sandi	<b>Essential Reformer (PR)</b> 11:30 -12:30 Monica	<b>Essential Reformer (PR)</b> 9:15 - 10:15 Monica	<b>Pilates Mat</b> 10:00 - 11:00 Crystal
<b>Essential Reformer (PR)</b> 10:00 - 11:00 Sandi	<b>Essential Reformer (PR)</b> 4:30 - 5:30 Monica	<b>Lite Essential Reformer (PR)</b> 12:00 - 1:00 Erin	<b>Beginner Reformer (P) (Start by May 4th)</b> 12:30 - 1:30 Jeanette	<b>Pilates Reformer Basics (Open to newcomers)</b> 12:00 - 1:00 Erin	<b>Essential Reformer (PR)</b> 10:20 - 11:20 Jeanette
<b>Lite Essential Reformer (PR)</b> 12:00 - 1:00 Erin	<b>Essential + Reformer (PR)</b> 5:30 - 6:30 Erin	<b>Barre</b> 430-530 Crystal	<b>Essential + Reformer</b> 4:00-500 Monica	<b>Barre</b> 5:00 - 6:00 Crystal	<b>Barre</b> 11:10 - 12:10 Crystal
<b>Essential Reformer (PR)</b> 4:30 - 5:30 Monica	<b>Beginner Reformer (P) (Start by May 4th)</b> 6:35 - 7:35 Erin	<b>Essential+ Reformer (PR)</b> 4:30 - 5:30 Jeanette	<b>Essential Reformer (PR)</b> 5:00- 6:00 Sandi		<b>Beginner Reformer (P) (Start by May 4th)</b> 11:30 - 12:30 Jeanette
<b>Essential+ Reformer (PR)</b> 5:30 - 6:30 Monica		<b>Essential Reformer (PR)</b> 5:30 - 6:30 Jeanette	<b>Sculpt &amp; Tone Reformer (PR)</b> 6:00- 7:00 Sandi		
<b>Wall Pilates</b> 6:45 - 7:45 Crystal		<b>Pilates Mat</b> 5:30 - 6:30 Crystal			
		<b>Beginner Reformer (P) (Start by May 4th)</b> 6:35 - 7:35 Jeanette			

**PR - Pre-requisite Required**  
**P - Progressive - Start by May 4th** ★

### Membership Options

- 1 Year Monthly Membership \$139.00
- 3 Month+ Membership \$149.00 Monthly
- Student 3 Month + Membership \$99 Monthly
- Deluxe Annual Membership \$180 Monthly

### Pricing Options

**Class Packages** All Drop in packages expire after 1 year

Yoga/Pilates Drop in Pass	\$18
3x Yoga/Pilates Drop in Package	\$52.50
6x Yoga/Pilates Drop in Package	\$102
12x Yoga/Pilates Drop in Package	\$192
One Month Unlimited Pass	\$169
Reformer Drop in Pass	\$20
3x Reformer Drop in Package	\$58.50
6x Reformer Drop in Package	\$114
12x Reformer Drop in Package	\$216
Student 12x Yoga/Pilates Drop in Package	\$168
Student Reformer Drop in Package	\$192
Student One Month Unlimited Pass	\$119

### Policies & Updates

Pre-registration for classes is recommended as space is limited and will be on a first come first serve basis. Please arrive approx. 10 minutes before the start of class. Those waitlisted will be let into class 5 minutes prior to ensure that they are in class before it begins. Late arrivals will not be permitted into class. Late cancellations (8 hours before class) and no shows for class will result in a loss of one class pass or charge to your account in the amount of a drop in. Classes with 0 clients registered will be cancelled one hour prior to the start time.

Visit Us

8 - 105 Villa St.  
Thunder Bay, ON P7A 7W5

(807) 344-1628  
[bodymindcentre.com](http://bodymindcentre.com)

all of you • one place