

THE BODYMIND CENTRE

YOGA Schedule Aug 31st – Oct 25th

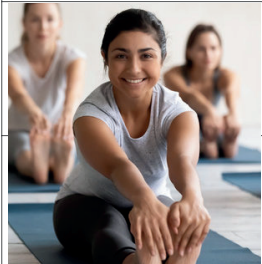
THANK YOU
FOR VOTING US
#1 YOGA STUDIO
14 YEARS IN A ROW

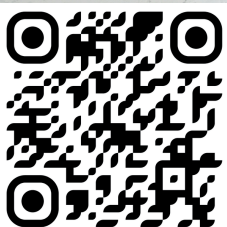
Power Week August 31st – September 5th Only \$50 for unlimited classes

We recommend bringing your own Yoga Mat to class – we do have mats 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.

Classes are (PN) = Pre-Natal friendly!

MON	TUE	WED	THUR	FRI	SAT
HOT SUNRISE YOGA 7:00 - 7:45 Monica	NEW! HOT VINYASA FLOW 6:15 - 7:15 Karen Marie	WARM HIPS & HAMMIES 9:00 - 10:00 Fatima (PN)	HOT MAT PILATES 7:00 - 7:45 Monica	HOT SUNRISE YOGA 7:00 - 7:45 Monica	KUNDALINI 7:30 - 9:00 Erin
HOT ABS & GLUTES 8:00 - 8:45 Monica	HOT SCULPT & FLOW 8:30 - 9:30 Fatima	GENTLE YOGA 10:00 - 11:00 Erin (PN)	HOT FLOW 8:00 - 9:00 Monica	HOT ABS & GLUTES 7:45 - 8:30 Monica	HOT SCULPT & TONE 8:30 - 9:15 Fatima
NEW! HOT FLOW 8:00 - 8:45 Marielle	55+ Fit For Life 9:30 - 10:30 Anne	HOT SLOW FLOW 10:15 - 11:15 Monica	HOT DEEP STRETCH 9:00 - 10:00 Fatima (PN)	WARM YIN + MEDITATION 9:00 - 10:15 Angela (PN)	HOT FLOW 9:20 - 10:20 Jackii
GENTLE YOGA 10:00 - 11:00 Erin (PN)	WARM YIN 9:35 - 10:35 Monica (PN)	HOT MAT PILATES 11:15 - 12:15 Monica	55+ Fit For Life 9:30 - 10:30 Anne	GENTLE YOGA 10:00 - 11:00 Erin (PN)	COMMUNITY YOGA by donation 9:35 - 10:35 Fatima (PN)
NEW! WARM YIN 10:05 - 11:05 Marielle (PN)	STRETCH & TONE 10:30 - 11:30 Fatima (PN)	LUNCH TIME MAT PILATES 12:15 - 1:00 Monica	HOT SCULPT & TONE 10:15 - 11:15 Monica	HOT SLOW FLOW 11:00 - 12:00 Monica	WARM DEEP STRETCH 10:25 - 11:25 Jackii
HOT MAT PILATES 11:10 - 12:10 Monica	HOT PILATES FLOW 10:40 - 11:40 Monica	NEW! HOT VINYASA FLOW 4:00 - 5:00 Karen Marie	YOGA FOR STRESS RELIEF 10:35 - 11:35 Fatima (PN)	LUNCH TIME MAT PILATES 12:15 - 1:00 Monica	SUNDAY
GENTLE VAGAL YOGA Relax Your Nervous System 5:15 - 6:45 Erin (PN)	Ergonomic Yoga 12:00 - 12:50 Anne (PN)	BARRE 5:00 - 6:00 Crystal	Ergonomic Yoga 12:00 - 12:50 Anne (PN)	BARRE 5:00 - 6:00 Crystal	NEW! HOT FLOW 10:00 - 11:00 Marielle
HOT FLOW 5:15 - 6:15 Jackii	WARM HIPS & HAMMIES 4:00 - 5:00 Fatima (PN)	HOT MAT PILATES 5:00 - 6:00 Monica	HOT POWER VINYASA 5:15 - 6:15 Georgia	NEW! HOT PILATES FLOW 5:00 - 6:00 Kim	NEW! WARM YIN 11:10 - 12:10 Marielle (PN)
WARM DEEP STRETCH 6:25 - 7:25 Jackii	HOT SCULPT & TONE 5:00 - 6:00 Monica	HOT FLOW 6:15 - 7:15 Marielle	COMMUNITY YOGA by donation 5:00 - 6:00 Jennifer (PN)	NEW! WARM YIN 6:10 - 7:10 Kim (PN)	
	NEW! BEGINNER YOGA 5:30 - 6:30 Cone (PN)	WARM YIN 7:20 - 8:20 Marielle (PN)	RESTORATIVE YOGA & SOUNDBATH 6:15 - 7:15 Kelly (PN)	**It's Happening** FULL MOON Soundbath Friday August 28th 6:30 - 8:30 pm NEW MOON Soundbath Wednesday September 9th 6:30 - 8:30 pm FALL EQUINOX Soundbath Monday September 21th 6:30 - 8:30 pm	
	WARM YIN & YOGA NIDRA 6:15 - 7:15 Fatima (PN)		WARM YIN 6:30 - 7:30 Georgia (PN)		



FALL 2026 VI

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PILATES / REFORMER SCHEDULE

August 31st - October 25th

**PR = PRE-REQUISITE
REQUIRED**
P = PROGRESSIVE
MUST BEGIN BY SEP 14

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 or Beginner Level 2. Private sessions are also available for beginners to intermediate levels, plus therapeutic sessions are also available.

MON	TUE	WED	THUR	FRI	SAT
Essential Reformer (PR) 9:00 - 10:00 Monica	NEW! Mat Pilates 8:15 - 9:15 Crystal	TRX 9:00 - 10:00 Sandi	New! TRX - Pilates 8:15 - 9:15 Crystal	Essential Reformer (PR) 8:45 - 9:45 Monica	Essential Reformer (PR) 7:30 - 8:30 Katie
New! TRX - Pilates 9:00 - 10:00 Crystal	Essential Reformer (PR) 8:30 - 9:30 Monica	Beginner Reformer (P) Level 1 - Foundation (Before Sept 14) 9:00 - 10:00 / Monica	Essential Reformer (PR) 9:00 - 10:00 Monica	Essential Reformer (PR) 9:50 - 10:50 Monica	Lite Essential (PR) 8:30 - 9:30 Katie Build Endurance
Essential Reformer (PR) 10:00 - 11:00 Monica	Essential Reformer (PR) 9:30 - 10:30 Sandi	Essential Reformer (PR) 10:05 - 11:05 Sandi	Essential Reformer (PR) 10:00 - 11:00 Sandi	Gentle Reformer (PR) 12:00 - 1:00 Erin	Essential Reformer + Cardio Tramp (PR) 9:30 - 10:30 / Keri
Essential Reformer (PR) 12:00 - 1:00 Erin	Beginner Reformer (P) Level 1 - Foundation (Before Sept 14) 10:30 - 11:30 / Katie	Essential Reformer (PR) 12:00 - 1:00 Keri	Essential Reformer (PR) 11:30 - 12:30 Monica	Lunch Time Mat Pilates 12:15 - 1:00 Monica	Beginner Reformer (P) Level 1 - Foundation (Before Sept 14) 10:30 - 11:30 / Keri
Essential Reformer (PR) 1:30 - 2:30 Katie	Essential Reformer (PR) 4:00 - 5:00 Monica	Lunch Time Mat Pilates 12:15 - 1:00 Monica	Essential Reformer (PR) 5:00 - 6:00 Katie	Barre 5:00 - 6:00 Crystal	Essential Reformer (PR) 11:30 - 12:30 Keri
Essential Reformer (PR) 4:30 - 5:30 Keri	Essential Reformer (PR) 12:00 - 1:00 Monica	Essential Reformer (PR) 4:00 - 5:00 Monica	Beginner Reformer (P) Level 1 - Foundation (Before Sept 14) 6:00 - 7:00 / Katie	Essential Reformer (PR) 4:30 - 5:30 Keri	SUNDAY
Lite Essential Reformer (PR) 5:30 - 6:30 / Keri Build Endurance	Essential + Reformer (PR) 4:00 - 5:00 Monica	Essential Reformer + Cardio Tramp (PR) 5:00 - 6:00 Keri	Beginner Reformer Level 2 (PR) 7:05 - 8:05 Katie	Lite Essential (PR) 5:30 - 6:30 Keri Build Endurance	Essential Reformer 10:00 - 11:00 Katie
Beginner Reformer (P) Level 1 - Foundation (Before Sept 14) 6:35 - 7:35 / Keri	Essential Reformer (PR) 5:00 - 6:00 Katie	Beginner Reformer (P) Level 1 - Foundation (Before Sept 14) 6:00 - 7:00 / Keri			Beginner Reformer Level 2 (PR) 11:00 - 12:00 Katie
	Beginner Reformer (P) Level 1 - Foundation (Before Sept 14) 6:00 - 7:00 / Katie	Essential Reformer (PR) 7:05 - 8:05 Keri			Essential Reformer 12:00 - 1:00 Katie
	Essential Reformer (PR) 7:00 - 8:00 Katie			Cancellations less than 8 hrs will incur a \$25 fee Online booking is automatically on hold until fee is paid	

Pricing Options

Class Packages All Drop in packages expire after 1 year

Yoga/Pilates Drop in Pass	\$22
3x Yoga/Pilates Drop in Package	\$65
6x Yoga/Pilates Drop in Package	\$120
12x Yoga/Pilates Drop in Package	\$225
One Month Unlimited Pass	\$188
Reformer Drop in Pass	\$28
3x Reformer Drop in Package	\$80
6x Reformer Drop in Package	\$149
12x Reformer Drop in Package	\$285
Student 12x Yoga/Pilates Drop in Package	\$216
Student 12 Reformer Drop in Package	\$240
Student One Month Unlimited Pass	\$129

Membership Options

1 Year Monthly Membership \$169.00

3 Month+ Membership
\$180.00 Monthly (auto renew)

Student 3 Month + Membership
\$120 Monthly (auto renew)

Did You Know?

You can book multiple classes @ the front desk
with your Drop-In Passes Package
for the entire 8 week session
(online has a 2 week limit)

VISIT BODYMINDCENTRE.COM FOR COMPLETE PRICING

Visit Us

8 - 105 Villa St. (807) 344-1628
Thunder Bay, ON P7A 7W5 bodymindcentre.com

all of you • one place



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