



# THE BODYMIND CENTRE

## Yoga Class Schedule April 28<sup>th</sup> - June 21<sup>st</sup> 2025

Power Week April 28<sup>th</sup> - May 3<sup>rd</sup> Unlimited Classes only \$50

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. Boxed classes are Pre-Natal friendly!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Warm Hips &amp; Hammies</b> 9:00 - 10:00 Erin	<b>Hot Core Fusion</b> 9:30 - 10:30 Monica	<b>Hot Flow</b> 9:30 - 10:30 Monica	<b>Hot HIIT Yoga Bootcamp</b> 6:00 - 7:00 Lana	<b>Warm Yin + Meditation</b> 9:00 - 10:15 Georgia	<b>Kundalini Yoga</b> 7:30 - 9:00 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 - 10:30 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 Fatima	<b>Gentle Flow Yoga</b> 10:30 - 11:30 Irene	<b>Hot Mat Pilates</b> 10:40 - 11:40 Monica	<b>Hot Unlock your Hips</b> 9:35 - 10:35 Monica	<b>Hot Slow Flow</b> 10:35 - 11:35 Monica	<b>Warm Yin</b> 10:05 - 11:05 Jackii
<b>Hot Mat Pilates</b> 11:15 - 12:15 Monica	<b>Warm Deep Stretch</b> 10:35 - 11:35 Monica	<b>Lunch Time Breathe &amp; Stretch</b> 12:10-12:50 Fatima	<b>Gentle Somatic Yoga</b> 10:30 - 11:30 Angela	<b>Hot Mat Pilates</b> 5:00 - 6:00 Crystal	<b>Hot HIIT Yoga Boot Camp</b> 11:15 - 12:15 Lana
<b>Gentle Vagal Yoga</b> Relax your nervous system 5:00 - 6:30 Erin	<b>Ergonomic Yoga</b> 12:00 - 12:50 Anne	<b>Barre</b> 4:00-5:00 Crystal	<b>Hot Pilates Flow</b> 10:35 - 11:35 Monica	<b>Hot Flow</b> 6:05 - 7:05 Georgia	<b>Barre</b> 11:00 - 12:00 Crystal
<b>Hot Flow</b> 5:15 - 6:15 Jackii	<b>Warm Hips &amp; Hammies</b> 4:30 - 5:30 Kelly M	<b>Warm Yin/Flow Fusion</b> 4:30 - 5:30 Fatima	<b>Ergonomic Yoga</b> 12:00 - 12:50 Anne	<b>Warm Yin</b> 7:10 - 8:10 Georgia	<b>Warm Chakra Yin</b> 12:30 - 1:30 Fatima
<b>Warm Deep Stretch</b> 6:25 - 7:25 Jackii	<b>Ashtanga Yoga</b> 5:00 - 6:00 Jessie	<b>Hot Flow</b> 5:35- 6:35 Kim	<b>Warm Hips &amp; Hammies</b> 4:00-5:00 Erin	<b>Upcoming Events!</b>	<b>Community Yoga by donation</b> 12:30- 1:30 Lana
<b>Hot Candelit Flow</b> 7:30-8:30 Georgia	<b>Hot Sculpt &amp; Tone</b> 5:30 - 6:30 Monica	<b>Meditation</b> 6:30-8:00 Potala Tibetan Centre BY DONATION	<b>Hot Mat Pilates</b> 5:00-6:00 Monica	<div style="border: 2px solid black; padding: 10px;"> <p style="text-align: center;"><b>Power Week</b></p> <p style="text-align: center;">Unlimited classes for only \$50 April 28th-May 3rd</p> <p style="text-align: center;"><b>Yoga Fundraiser in support of Keira Rooney</b></p> <p style="text-align: center;">Sunday, May 4<sup>th</sup> All classes by monetary (cash) donation minimum donation of \$10</p> <p style="text-align: center;"><b>New Moon Healing Sound Bath</b></p> <p style="text-align: center;">Monday, April 28<sup>th</sup> 7:00pm-9:00pm</p> <p style="text-align: center;"><b>MAY WELLNESS PASS</b></p> <p style="text-align: center;">\$99 For unlimited Yoga for the month of May in support of Mental Health Awareness Month</p> </div>	
	<b>Warm Yin &amp; Yoga Nidra</b> 6:45-7:45 Fatima	<b>Restorative Yoga</b> 6:15 - 7:30 Kelly M.	<b>Community Yoga by donation</b> 5:30-6:30 Jennifer		
		<b>Warm Yin</b> 6:45-7:45 Kim	<b>Warm Flow</b> 6:15-7:15 Georgia		
			<b>Yoga for Sleep</b> 6:45-7:45 Fatima		
			<b>Warm Candelit Yin</b> 7:20 - 8:20 Georgia		





# THE BODYMIND CENTRE

## Pilates Reformer Schedule April 28<sup>th</sup> - June 21<sup>st</sup> 2025

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.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<b>Essential Reformer (PR)</b> 9:00 - 10:00 Monica	<b>Essential Reformer (PR)</b> 8:30-9:30 Sandi	<b>Pilates Mat</b> 9:00- 10:00 Sandi	<b>Essential Reformer (PR)</b> 830 - 9:30 Sandi	<b>Essential Reformer (PR)</b> 8:30 - 9:30 Monica	<b>Essential Reformer (PR)</b> 9:15-10:15 All Instructors
<b>Pilates Mat</b> 9:00- 10:00 Crystal	<b>Essential Reformer (PR)</b> 9:40 - 10:40 Sandi	<b>Essential Reformer (PR)</b> 10:00 - 11:00 Sandi	<b>Essential Reformer (PR)</b> 9:40 - 10:40 Sandi	<b>Pilates Mat</b> 9:00 - 10:00 Fanny	<b>Pilates Mat</b> 10:00 - 11:00 Crystal
<b>Essential Reformer (PR)</b> 10:00 - 11:00 Monica	<b>Essential Reformer (PR)</b> 11:40 - 12:40 Monica	<b>Essential Reformer (PR)</b> 12:00 - 1:00 Erin	<b>Essential Reformer (PR)</b> 11:40 -12:40 Monica	<b>Essential Reformer (PR)</b> 9:30 - 10:30 Monica	<b>Essential Reformer (PR)</b> 10:15 - 11:15 All Instructors
<b>Essential Reformer (PR)</b> 12:00 - 1:00 Erin	<b>Beginner Reformer (P)</b> <b>(Start by May 10th)</b> 12:45 - 1:45 Monica	<b>Barre</b> 4:00-5:00 Crystal	<b>Beginner Reformer (P)</b> <b>(Start by May 10th)</b> 12:45 - 1:45 Jeanette	<b>Gentle Reformer (PR)</b> 12:00 - 1:00 Erin	<b>Barre</b> 11:00 - 12:00 Crystal
<b>Beginner Mat Pilates (By food donation)</b> 1:30 - 2:15 Shae-lyne	<b>Essential Reformer (PR)</b> 4:30 - 5:30 Monica	<b>Beginner Reformer (P)</b> <b>(Start by May 10th)</b> 4:30 - 5:30 Sandi	<b>Essential Reformer (PR)</b> 4:00 - 5:00 Monica	<b>Lunch Time Mat Pilates</b> 12:05 - 12:55 Monica	<b>Beginner Reformer (P)</b> <b>(Start by May 10th)</b> 11:15 - 12:15 All Instructors
<b>Essential Reformer (PR)</b> 4:00 - 5:00 Monica	<b>Essential + Reformer (PR)</b> 5:30 - 6:30 Jeanette	<b>Pilates HIIT</b> 5:00 - 6:00 Crystal	<b>Essential Reformer (PR)</b> 5:15- 6:15 Erin	<b>Pilates Reformer Basics (Open to newcomers)</b> 1:00 - 2:00 Erin	
<b>Essential+ Reformer (PR)</b> 5:00 - 6:00 Monica	<b>Beginner Reformer (P)</b> <b>(Start by May 10th)</b> 6:35 - 7:35 Jeanette	<b>Essential Reformer (PR)</b> 5:30 - 6:30 Sandi	<b>Beginner Reformer (P)</b> <b>(Start by May 10th)</b> 6:20- 7:20 Erin	<b>Barre</b> 4:00 - 5:00 Crystal	
<b>PR - PRE-REQUISITE REQUIRED</b> <b>P - PROGRESSIVE - MUST BEGIN BY MAY 10TH</b>		<b>Beginner Reformer Level 2 (PR)</b> 6:35 - 7:35 Sandi		<b>Hot Mat Pilates</b> 5:00 - 6:00 Crystal	

### Pricing Options

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

Yoga/Pilates Drop in Pass	\$20
3x Yoga/Pilates Drop in Package	\$55
6x Yoga/Pilates Drop in Package	\$110
12x Yoga/Pilates Drop in Package	\$225
One Month Unlimited Pass	\$179
Reformer Drop in Pass	\$25
3x Reformer Drop in Package	\$69
6x Reformer Drop in Package	\$139
12x Reformer Drop in Package	\$275
Student 12x Yoga/Pilates Drop in Package	\$192
Student 12 Reformer Drop in Package	\$230
Student One Month Unlimited Pass	\$129

VISIT BODYMINDCENTRE.COM FOR COMPLETE PRICING

### Membership Options

**1 Year Monthly Membership \$149.00**

**3 Month+ Membership \$159.00 Monthly (auto renew)**

**Student 3 Month + Membership \$109 Monthly (auto renew)**

### Did You Know?

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

### Visit Us

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

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

all of you • one place

