



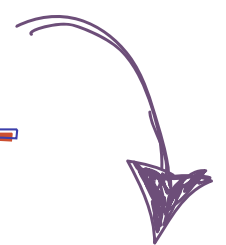
Yoga Class Schedule September 3rd - October 26th 2024

Join us for POWER WEEK! September 3rd - 7th \$50 for Unlimited classes

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. Boxed classes are Pre-Natal friendly!

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Warm Hips & Hammies 9:00 - 10:00 Erin	Hot Sculpt & Tone 9:30 - 10:30 Monica	Kundalini Yoga 6:00 - 7:30 Erin	Warm Breathe & Flow 8:15-9:15 Fatima	Warm Yin + Meditation 9:00 - 10:15 Angela	Kundalini Yoga 7:30 - 9:00 Erin
Gentle Yoga 10:00 - 11:30 Erin	55+ Fit for Life 9:30 - 10:30 Anne	Hot Dynamic Flow 9:30 - 10:30 Monica	Hot Unlock Your Hips 9:35 - 10:35 Monica	Gentle Yoga 10:00 - 11:30 Erin	Hot Flow 9:00 - 10:00 Jackii
Warm Flow 10:05 - 11:05 Fatima	Warm Deep Stretch 10:35 - 11:35 Monica	Gentle Flow Yoga 11:00 - 12:00 Fatima	55+ Fit for Life 9:30 - 10:20 Anne	Hot Slow Flow 10:20 - 11:20 Monica	Warm Yin 10:05 - 11:05 Jackii
Hot Mat Pilates 11:15 - 12:15 Monica	Gentle Yoga 10:30 - 11:30 Irene	Hot Mat Pilates 10:40-11:40 Monica	Hot Pilates Flow 10:35 - 11:35 Monica	Vinyasa Flow 12:00-1:00 Cam	Hot Yoga Boot Camp 11:15 - 12:15 Lana
Vinyasa Flow 12:00-1:00 Cam	Ergonomic Yoga 12:00 - 12:50 Anne	Lunch Time Breathe & Stretch 12:10-12:50 Fatima	Gentle Yoga 10:30 - 11:30 Irene	Hot Flow 5:15 - 6:15 Kim	Warm Chakra Yin 12:30 - 1:30 Fatima
Gentle Vagal Yoga 5:00 - 6:30 Erin	Warm Hips & Hammies 4:30 - 5:30 Kelly M	Warm Breathe & Flow 4:30 - 5:30 Fatima	Ergonomic Yoga 12:00 - 12:50 Anne	Warm Yin 6:20 -7:20 Kim	Community Yoga by donation 12:30- 1:30 Lana
Hot Flow 5:15 - 6:15 Jackii	Hot Dynamic Flow 5:30 - 6:30 Monica	Hot Power Flow 5:35- 6:35 Lana	Warm Hips & Hammies 4:00-5:00 Erin	Hot Mat Pilates 5:00-6:00 Monica	
Warm Deep Stretch 6:25 - 7:25 Jackii	Grief Yoga 5:30 - 6:30 Kelly M.	Meditation 6:30-8:00 Potala Tibetan Centre BY DONATION	Hot Mat Pilates 5:00-6:00 Monica	Hot Sculpt & Tone 6:05 - 7:05 Monica	
Warm Yin 7:30 - 8:30 Patricia	Warm Yin 6:35 - 7:35 Angela	Warm Yin 6:40-7:40 Lana	Community Yoga by donation 5:30 - 6:30 Jennifer	Hot Sculpt & Tone 6:05 - 7:05 Monica	
		Warm Gentle 7:45 - 8:45 Patricia	Flow & Meditation 6:35 - 7:50 Fatima		

**CHECK
IT OUT**



Join us for Power Week

Unlimited classes Sept 3rd-7th

Only \$50

**New Moon Healing Sound
Bath**

Monday, Sept.2nd 7-9pm

**Full Moon Healing Sound
Bath**

Friday, Sept 17th 7-9pm

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 September 3rd - October 26th 2024

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
Beginner Reformer(P) (Start by Sept.14) 9:00 - 10:00 Jeanette	Essential Reformer (PR) 8:30 - 9:30 Sandi	Pilates Mat 9:00- 10:00 Sandi	Essential Reformer (PR) 8:30 - 9:30 Sandi	Pilates Mat 9:00- 10:00 Jeanette	Essential Reformer (PR) 9:15-10:15 Erin
Pilates Mat 9:00- 10:00 Monica	Essential Reformer (PR) 9:30 - 10:30 Sandi	Essential Reformer (PR) 10:00 - 11:00 Sandi	Essential Reformer (PR) 9:30 - 10:30 Sandi	Essential Reformer (PR) 9:15 - 10:15 Monica	Pilates Mat 10:00 - 11:00 Crystal
Essential Reformer (PR) 10:00 - 11:00 Monica	Essential Reformer (PR) 11:40 - 12:40 Monica	Essential Reformer (PR) 12:00 - 1:00 Erin	Essential Reformer (PR) 11:40 -12:40 Monica	Gentle Reformer (PR) 12:00 - 1:00 Erin	Essential Reformer (PR) 10:20 - 11:20 Jeanette
Lite Essential Reformer (PR) 12:00 - 1:00 Erin	Essential Reformer (PR) 4:30 - 5:30 Monica	Barre 430-530 Crystal	Beginner Reformer (P) (Start by Sept 14th) 12:45 - 1:45 Jeanette	Pilates Reformer Basics (Open to newcomers) 1:00 - 2:00 Erin	Barre 11:10 - 12:10 Crystal
Essential Reformer (PR) 4:30 - 5:30 Monica	Essential + Reformer (PR) 5:30 - 6:30 Jeanette	Beginner Reformer (P) (Start by Sept.14th) 4:30 - 5:30 Sandi	Essential Reformer (PR) 5:15- 6:15 Erin	Barre 4:00 - 5:00 Crystal	Beginner Reformer (P) (Start by Sept.14th) 11:30 - 12:30 Jeanette
Essential+ Reformer (PR) 5:30 - 6:30 Monica	Beginner Reformer (P) (Start by Sept.14th) 6:35 - 7:35 Jeanette	Pilates Mat 5:30 - 6:30 Crystal	Beginner Reformer (P) (Start by Sept 14th) 6:20- 7:20 Erin	<div style="border: 1px solid #ccc; padding: 10px;"> <h3>Membership Options</h3> <ul style="list-style-type: none"> • 1 Year Monthly Membership \$139.00 • 3 Month+ Membership \$149.00 Monthly • Student 3 Month + Membership \$99 Monthly • Deluxe Annual Membership \$180 Monthly </div>	
Wall Pilates 6:35 - 7:35 Crystal		Essential Reformer (PR) 5:30 - 6:30 Sandi			
		Reformer Cardio Tramp (PR) 6:30 - 7:30 Sandi			
PR - Pre-requisite Required P - Progressive - Start by May 4th ★					

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

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