



THE BODYMIND CENTRE

Yoga Class Schedule March 2nd - April 25th

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

Power Week March 2nd - 7th \$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.

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 Fatima	Hot Flow 8:30 - 9:30 Monica	Warm Hips & Hammies 9:00 - 10:00 Erin	Hot Deep Stretch 9:00 - 10:00 Monica	Hot Pilates Flow 7:00 - 7:45 Monica	Kundalini 7:30 - 9:00 Erin
Gentle Yoga 10:00 - 11:30 Erin	Warm Yin 9:30 - 10:30 Monica	Hot Slow Flow 10:00 - 11:00 Monica	55+ Fit for Life 9:30 - 10:30 Anne	Warm Yin + Meditation 9:00 - 10:00 Erin	Hot HIIT Yoga Boot Camp 8:30-9:15 Lana
Warm Flow 10:05 - 11:05 Fatima	55+ Fit for Life 9:30 - 10:30 Anne	Gentle Yoga 10:00 - 11:30 Erin	Hot Sculpt & Tone 10:15 - 11:15 Monica	Gentle Yoga 10:00 - 11:30 Erin	Hot Flow 9:20 - 10:20 Jackii
Hot Mat Pilates 11:10 - 12:10 Monica	Stretch & Tone 10:30 - 11:30 Fatima	Hot Mat Pilates 11:05 - 12:05 Monica	Gentle Yoga + YIN 10:40 - 11:40 Patricia	Hot Slow Flow 10:35 - 11:35 Monica	Community Yoga by donation 9:35-10:35 Lana
Lunch Time Mat Pilates 12:15 - 1:00 Monica	Hot Pilates Flow 10:40 - 11:40 Monica	Lunch Time Mat Pilates 12:05 - 12:55 Monica	Ergonomic Yoga 12:00 - 12:50 Anne	Lunch Time Mat Pilates 12:05 - 12:55 Monica	Warm Deep Stretch 10:25 - 11:25 Jackii
Beginner Mat Pilates (By food donation) 1:30 - 2:15 Shae-lynn	Ergonomic Yoga 12:00 - 12:50 Anne	Barre 4:00 - 5:00 Crystal	Hot Pilates/Flow 4:30-5:30 Monica	Hot Flow 4:00 - 5:00 Lillian	Pilates Mat 10:30-11:30 Crystal
Hot Sculpt & Tone Yoga 4:15 - 5:00 Fatima	Warm Hips & Hammies 4:00 - 5:00 Fatima	Hot Mat Pilates 5:00-6:00 Monica	Community Yoga by donation 5:00-6:00 Jennifer	Barre 4:00 - 5:00 Crystal	Barre 11:30 - 12:30 Crystal
Gentle Vagal Yoga Relax your nervous system 5:00 - 6:30 Erin	Hot Sculpt & Tone 5:00 - 6:00 Monica	Hot Flow 6:15 - 7:15 Charlotte	Hot Slow Flow 5:30 - 6:30 Monica	Hot Mat Pilates 5:00-6:00 Crystal	Hot Slow Flow 12:00 - 1:00 Fatima
Hot Flow 5:15 - 6:15 Jackii	Yoga for the Inflexible 5:15- 6:15 Fatima	Restore & Relax 6:30 - 7:30 Fatima	Warm Yin 6:35 - 7:35 Kelly	Warm Candlelit Yin 6:05 - 7:05 Fatima	Warm Yin 1:00 - 2:00 Fatima
Warm Deep Stretch 6:25 - 7:25 Jackii	Warm Yin & Yoga Nidra 6:30-7:30 Fatima	Warm Yin 7:20 - 8:20 Charlotte			

Upcoming Events

REST, RESTORE & RELAX VAGAL YOGA RETREAT

Sunday, March 1st 8am - 1pm

FULL MOON HEALING SOUND BATH

Monday, March 2nd 6:30pm - 7:30pm

DANCE & FLOW

Friday, March 27th 7-8pm with Lillian Get ready to Flow & Groove



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Pilates Reformer Schedule March 2nd - April 25th

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. 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>
Essential Reformer(PR) 9:00 - 10:00 Monica	Essential Reformer (PR) 8:30-9:30 Sandi	Pilates Mat 9:00 - 10:00 Sandi	Essential Reformer (PR) 9:00 - 10:00 Sandi	Essential Reformer (PR) 8:30 - 9:30 Monica	Essential Reformer+ (PR) 9:15-10:15 Keri
Pilates Mat 9:00- 10:00 Crystal	Essential Reformer (PR) 9:40 - 10:40 Sandi	Beginner Reformer(P) Start by Mar 14th 9:00- 10:00 Monica	Essential Reformer (PR) 11:30 - 12:30 Monica	Essential Reformer (PR) 9:30 - 10:30 Monica	Essential Reformer (PR) 10:20 - 11:20 Keri
Essential Reformer (PR) 10:00 - 11:00 Monica	Essential Reformer (PR) 12:00 - 1:00 Monica	Essential Reformer (PR) 10:00 - 11:00 Sandi	Beginner Reformer (P) (Start by Mar 14th) 12:30- 1:30 Jeanette	Gentle Reformer (PR) 12:00 - 1:00 Erin	Pilates Mat 10:30 - 11:30 Crystal
Essential Reformer (PR) 12:00 - 1:00 Erin	Essential Reformer (PR) 4:00 - 5:00 Monica	Lunch Time Mat Pilates 12:05 - 12:55 Monica	Essential Reformer (PR) 5:00- 6:00 Erin	Lunch Time Mat Pilates 12:05 - 12:55 Monica	Beginner Reformer (P) (Start by Mar 14th) 11:30 - 12:30 Keri
Lunch Time Mat Pilates 12:15 - 1:00 Monica	Essential + Reformer (PR) 5:00 - 6:00 Jeanette	Essential Reformer (PR) 12:00 - 1:00 Erin	Beginner Reformer (P) (Start by Mar 14th) 6:00- 7:00 Erin		
Beginner Mat Pilates (By food donation) 1:30 - 2:15 Shae-lynn	Beginner Reformer (P) (Start by Mar 14th) 6:00 - 7:00 Jeanette	Essential Reformer (PR) 4:00 - 5:00 Monica			
Essential Reformer (PR) 5:00 - 6:00 Sandi		Beginner Reformer (P) (Start by Mar 14th) 5:00 - 6:00 Keri			
Beginner Reformer (P) (Start by Mar 14th) 6:00 - 7:00 Sandi		Essential Reformer (PR) 6:00-7:00 Keri			



**PR - PRE-REQUISITE REQUIRED
P - PROGRESSIVE - MUST BEGIN BY MARCH 14TH**

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

VISIT BODYMINDCENTRE.COM FOR COMPLETE PRICING

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 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

all of you • one place

