



## Yoga Class Schedule June 17th - August 31st 2024

**Join us for Power Week - Unlimited classes for only \$50 June 17th to June 22nd**

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>Warm Flow</b> 7:30 - 8:30 Fatima	<b>Kundalini Yoga</b> 6:00 - 7:30 Erin	<b>Warm Breathe + Flow</b> 7:30 - 8:30 Fatima	<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>Hot Sculpt &amp; Tone</b> 9:30 - 10:30 Monica	<b>Hot Dynamic Flow</b> 9:30 - 10:30 Monica	<b>Hot Pilates Flow</b> 9:30 - 10:30 Monica	<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>55+ Fit for Life</b> 9:30 - 10:30 Anne	<b>Gentle Flow Yoga</b> 10:00 - 11:00 Fatima	<b>55+ Fit for Life</b> 9:30 - 10:20 Anne	<b>Hot Slow 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> 10:40-11:40 Monica	<b>Hot Unlock Your Hips</b> 10:30 - 11:30 Monica	<b>Community Yoga by donation</b> 12:30 - 1:30 Lana	<b>Hot Yoga Boot Camp</b> 11:15 - 12:15 Lana
	<b>Warm Deep Stretch</b> 10:35 - 11:35 Monica		<b>Gentle Yoga</b> 10:30 - 11:30 Irene		
	<b>Ergonomic Yoga</b> 12:00 - 12:50 Anne		<b>Ergonomic Yoga</b> 12:00 - 12:50 Anne		
<b>Gentle Vagal Yoga</b> 5:00 - 6:30 Erin	<b>Warm Hips &amp; Hammies</b> 4:30 - 5:30 Kelly M	<b>Hot Flow</b> 5:15- 6:15 Lana	<b>Warm Hips &amp; Hammies</b> 4:00-5:00 Erin		
<b>Hot Flow</b> 5:15 - 6:15 Jackii	<b>Hot Dynamic Flow</b> 5:30 - 6:30 Monica	<b>Warm Yin</b> 6:20-7:20 Lana	<b>Hot Mat Pilates</b> 5:00-6:00 Monica		
<b>Warm Deep Stretch</b> 6:25 - 7:25 Jackii	<b>Grief Yoga</b> 5:30 - 6:30 Kelly M.		<b>Hot Sculpt &amp; Tone</b> 6:05 - 7:05 Monica		
	<b>Warm Yin</b> 6:35 - 7:35 Angela		<b>Community Yoga by donation</b> 5:30 - 6:30 Jennifer		

*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.*

**CHECK IT OUT**

108 Sun Salutations Summer Solstice Celebration  
Thursday, June 20th 6:00am  
Hillcrest Park with Jackii  
Summer Solstice Healing Sound Bath  
Thursday, June 20th 6:45pm  
**Summer Membership!**  
June 17th-August 31st  
Unlimited classes for only \$199.





## Pilates Reformer Schedule June 17th - August 31st

Beginner 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 Beginner Reformer. Private sessions also available for beginners.

We recommend 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 in first 3 weeks) 9:00 - 10:00 Jeanette	<b>Essential Reformer (PR)</b> 8:30 - 9:30 Sandi	<b>Pilates Mat</b> 9:00- 10:00 Sandi	<b>Essential Reformer (PR)</b> 8:30 - 9:30 Sandi	<b>Pilates Mat</b> 9:00- 10:00 Jeanette	<b>Pilates Mat</b> 10:00 - 11:00 Crystal
<b>Pilates Mat</b> 9:00- 10:00 Monica	<b>Essential Reformer (PR)</b> 9:30 - 10:30 Sandi	<b>Essential Reformer (PR)</b> 10:00 - 11:00 Sandi	<b>Essential Reformer (PR)</b> 9:30 - 10:30 Sandi	<b>Essential Reformer (PR)</b> 9:15 - 10:15 Monica	<b>Essential Reformer (PR)</b> 10:20 - 11:20 Jeanette
<b>Essential Reformer (PR)</b> 10:00 - 11:00 Monica	<b>Essential Reformer (PR)</b> 12:00 - 1:00 Monica	<b>Essential Reformer (PR)</b> 12:00 - 1:00 Erin	<b>Essential Reformer (PR)</b> 11:30 -12:30 Monica	<b>Gentle Reformer (PR)</b> 12:00-1:00 Erin	<b>Beginner Reformer (P)</b> (Start in first 3 weeks) 11:30 - 12:30 Jeanette
<b>Lite Essential Reformer (PR)</b> 12:00 - 1:00 Erin	<b>Essential Reformer (PR)</b> 4:30 - 5:30 Monica	<b>Barre</b> 430-530 Crystal	<b>Beginner Reformer (P)</b> (Start in first 3 weeks) 12:30 - 1:30 Jeanette	<b>Pilates Reformer Basics</b> (Open to newcomers) 1:00 - 2:00 Erin	
<b>Essential Reformer (PR)</b> 4:30 - 5:30 Monica	<b>Essential + Reformer (PR)</b> 5:30 - 6:30 Erin	<b>Beginner Reformer (P)</b> (Start in first 3 weeks) 5:00- 6:00 Jeanette	<b>Essential + Reformer</b> 4:00-5:00 Monica	<b>Barre</b> 4:00 - 5:00 Crystal	
<b>Essential+ Reformer (PR)</b> 5:30 - 6:30 Monica		<b>Pilates Mat</b> 5:30 - 6:30 Crystal	<b>Essential Reformer (PR)</b> 5:00- 6:00 Sandi		
<b>Wall Pilates</b> 6:35 - 7:35 Crystal		<b>Essential Reformer (PR)</b> 6:00 - 7:00 Jenaette	<b>Beginner Reformer (P)</b> (Start in first 3 weeks) 6:00- 7:00 Sandi		

**PR - Pre-requisite Required**

**P - Progressive - Start by June 29th** ★

### 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
- One Month Unlimited Pass  
\$169.00

### Pricing Options

#### Class Packages

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
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

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

### 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

all of you • one place

