



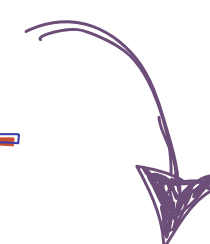
Yoga Class Schedule April 22nd - June 15th 2024

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>
Warm Hips & Hammies 9:00 - 10:00 Erin	Warm Breathe + Flow 8:30 - 9:30 Fatima	Kundalini Yoga 6:00 - 7:30 Erin	Warm Breathe + Flow 8:30 - 9:30 Fatima	Warm Yin + Meditation 9:00 - 10:15 Angela	Kundalini Yoga 8:00 - 9:30 Erin
Gentle Yoga 10:00 - 11:30 Erin	Hot Sculpt & Tone 9:30 - 10:30 Monica	Warm Neck & Shoulders Yoga 9:00 - 10:00 Erin	Hot Pilates Flow 9:30 - 10:30 Monica	Gentle Yoga 10:00 - 11:30 Erin	Hot Flow 9:00 - 10:00 Jackii
Warm Flow 10:05 - 11:05 Monica	55+ Fit for Life 9:30 - 10:30 Anne	Gentle Yoga 10:00 - 11:30 Erin	55+ Fit for Life 9:30 - 10:20 Anne	Hot Flow 10:20 - 11:20 Monica	Warm Yin 10:05 - 11:05 Jackii
Hot Mat Pilates 11:15 - 12:15 Monica	Warm Yin 10:35 - 11:35 Monica	Hot Dynamic Flow 10:05 - 11:05 Monica	Hot Unlock Your Hips 10:30 - 11:30 Monica	Hot Power Flow 5:15 - 6:15 Lana	Hot Yoga Boot Camp 11:15 - 12:15 Lana
Gentle Vagal Yoga 5:00 - 6:30 Erin	Gentle Yoga 10:30 - 11:30 Irene	Hot Mat Pilates 11:15 - 12:15 Monica	Gentle Yoga 10:30 - 11:30 Irene	Warm Yin 6:20 - 7:20 Lana	Warm Chakra Yin 12:30 - 1:30 Fatima
Hot Flow 5:15 - 6:15 Jackii	Ergonomic Yoga 12:00 - 12:50 Anne	Hot Mat Pilates 11:15 - 12:15 Monica	Ergonomic Yoga 12:00 - 12:50 Anne	Community Yoga by donation 2:40 - 3:40 Lori	
Warm Deep Stretch 6:25 - 7:25 Jackii	Warm Hips & Hammies 4:30 - 5:30 Erin	Hot Flow 5:15 - 6:15 Kim	Warm Hips & Hammies 4:00 - 5:00 Erin		
Warm Yin 7:30 - 8:30 Patricia	Hot Sculpt & Tone 5:30 - 6:30 Monica	Warm Yin 6:20 - 7:20 Kim	Hot Mat Pilates 5:00 - 6:00 Monica		
	Grief Yoga 5:30 - 6:30 Kelly M.		Hot Sculpt & Tone 6:05 - 7:05 Monica		
	Warm Yin 6:35 - 7:35 Angela		Community Yoga by donation 5:30 - 6:30 Jennifer		
	Anti-Gravity Yoga 6:40 - 7:40 Victoria		Warm Yin 7:15 - 8:15 Patricia		

**CHECK
IT OUT**



Power Week

April 22-26th Unlimited
Classes for only \$50

Discover the Power of Letting
Go w/ Dr. Steve Fonso
Tuesday April 9, 16, 23rd
5:30-7:30pm

Reiki Level 1 Workshop
Sunday, April 14th 9am-
5pm \$250


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 April 22nd - June 15th

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 May 4th) 9:00 - 10:00 Jeanette	Essential Reformer (PR) 9:30 - 10:30 Sandi	Pilates Mat 9:00- 10:00 Sandi	Essential Reformer (PR) 9:30 - 10:30 Sandi	Wall & Ball Pilates 9:00- 10:00 Jeanette	Essential Reformer (PR) 9:00-10:00 Kim
Pilates Mat 9:00- 10:00 Sandi	Essential Reformer (PR) 12:00 - 1:00 Monica	Essential Reformer (PR) 10:00 - 11:00 Sandi	Essential Reformer (PR) 11:30 -12:30 Monica	Essential Reformer (PR) 9:15 - 10:15 Monica	Pilates Mat 10:00 - 11:00 Crystal
Essential Reformer (PR) 10:00 - 11:00 Sandi	Essential Reformer (PR) 4:30 - 5:30 Monica	Lite Essential Reformer (PR) 12:00 - 1:00 Erin	Beginner Reformer (P) (Start by May 4th) 12:30 - 1:30 Jeanette	Pilates Reformer Basics (Open to newcomers) 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) 5:30 - 6:30 Erin	Barre 430-530 Crystal	Essential + Reformer 4:00-500 Monica	Barre 5:00 - 6:00 Crystal	Barre 11:10 - 12:10 Crystal
Essential Reformer (PR) 4:30 - 5:30 Monica	Beginner Reformer (P) (Start by May 4th) 6:35 - 7:35 Erin	Essential+ Reformer (PR) 4:30 - 5:30 Jeanette	Essential Reformer (PR) 5:00- 6:00 Sandi		Beginner Reformer (P) (Start by May 4th) 11:30 - 12:30 Jeanette
Essential+ Reformer (PR) 5:30 - 6:30 Monica		Essential Reformer (PR) 5:30 - 6:30 Jeanette	Sculpt & Tone Reformer (PR) 6:00- 7:00 Sandi		
Wall Pilates 6:45 - 7:45 Crystal		Pilates Mat 5:30 - 6:30 Crystal			
		Beginner Reformer (P) (Start by May 4th) 6:35 - 7:35 Jeanette			

PR - Pre-requisite Required
P - Progressive - Start by May 4th ★

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

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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