



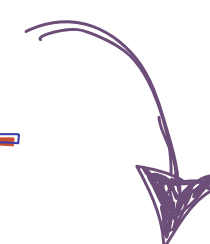
Yoga Class Schedule February 26 - April 20th 2024

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	Hot Flow 9:30 - 10:30 Monica	Warm Neck & Shoulders Yoga 9:00 - 10:00 Erin	Hot Pilates Flow 9:30 - 10:30 Monica	Warm Yin + Yoga Nidra 9:00 - 10:15 Patricia	Kundalini Yoga 8:00 - 9:30 Erin
Gentle Yoga 10:00 - 11:30 Erin	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	Gentle Yoga 10:00 - 11:30 Erin	Hot Flow 9:00 - 10:00 Jackii
Warm Flow 10:05 - 11:05 Monica	Warm Yin 10:35 - 11:35 Monica	Hot Dynamic Flow 10:05 - 11:05 Monica	Hot Unlock Your Hips 10:35 - 11:35 Monica	Hot 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 Stretch Series 11:15 - 12:15 Monica	Gentle Yoga 10:30 - 11:30 Irene	Hot Flow 5:10 - 6:10 Kim	Hot 26 11:15 - 12:15 Sara Kim
	Ergonomic Yoga 12:00 - 12:50 Anne		Ergonomic Yoga 12:00 - 12:50 Anne	Warm Candlelit Yin 6:15 - 7:15 Kim	Warm Chakra Sound Yin 12:25 - 1:25 Sara Kim
					Community Yoga by donation 2:40 - 3:40 Lori
Gentle Vagal Yoga 5:00 - 6:30 Erin	Warm Power Flow 5:15 - 6:15 Lana	Warm Flow 5:15 - 6:15 Jessie	Warm Hips & Hammies 4:30 - 5:30 Erin		
Hot Flow 5:15 - 6:15 Jackii	Grief Yoga 5:30 - 6:30 Kelly M.	Warm Yin 6:25 - 7:25 Jessie	Hot Sculpt & Tone Yoga 5:30 - 6:30 Monica		
Warm Deep Stretch 6:25 - 7:25 Jackii	Warm Yin 6:20 - 7:20 Lana		Community Yoga by donation 5:30 - 6:30 Jennifer		
Warm Candlelit Yin 7:30 - 8:30 Patricia	Anti-Gravity 6:40 - 7:40 Victoria		Warm Power Flow 6:40 - 7:40 Lana		
			Warm Yin 7:45 - 8:45 Lana		

**CHECK
IT OUT**



Power Week

February 26th - March 2nd

Only \$50 for Unlimited classes

Full Moon Healing Sound
Bath

Friday, February 23rd
7:00pm - 9:00pm

Dream Circle

Saturday, March 2nd 12-2pm
with Carolyn Moggy

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 February 26 - April 20th

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 March 9) 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 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	Beginner Reformer (P) (Start by March 9) 12:00-1:00 Jeanette	Essential Reformer (PR) 10:00 - 11:00 Jeanette	Pilates Mat 10:00 - 11:00 Crystal
Essential Reformer (PR) 10:00 - 11:00 Sandi	Essential Reformer (PR) 4:30 - 5:30 Erin	Lite Essential Reformer (PR) 12:00 - 1:00 Erin	Pilates Mat 4:30 -5:30 Monica	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	Sculpt & Tone Reformer (PR) 5:30 - 6:30 Erin	Barre 430-530 Crystal	Essential Reformer (PR) 5:00 - 6:00 Sandi	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 March 9) 6:35 - 7:35 Erin	Essential Reformer (PR) 4:30 - 5:30 Monica	Sculpt & Tone Reformer (PR) 6:05 - 7:05 Sandi		Beginner Reformer (P) (Start by March 9) 11:30 - 12:30 Jeanette
Essential+ Reformer (PR) 5:30 - 6:30 Monica		Essential + Reformer (PR) 5:30 - 6:30 Monica			
Beginner Reformer(P) (Start by March 9) 6:35 - 7:35 Jeanette		Pilates Mat 5:30 - 6:30 Crystal			
Wall Pilates 635 - 7:05 Monica	PR - Pre-requisite Required				
	P - Progressive - Start by March 9th ★				



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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bodymindcentre.com

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