



THE BODYMIND CENTRE

Yoga Class Schedule June 22nd - August 29th

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

Power Week June 22nd - 27th Only \$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>
Hot Sunrise Sweat 7:00 - 7:45 Monica	Hot Sculpt & Tone 8:30 - 9:30 Fatima	Warm Hips & Hammies 9:00 - 10:00 Fatima	Hot Mat Pilates 7:00 - 7:45 Monica	Hot Sunrise Sweat 7:00 - 7:45 Monica	Kundalini 7:30 - 9:00 Erin
Hot Abs & Glutes 8:00 - 8:45 Monica	55+ Fit for Life 9:30 - 10:30 Anne	Outdoor Gentle Yoga 10:00 - 11:30 Erin	Hot Recovery Flow 8:00 - 9:00 Monica	Hot Abs & Glutes 7:45 - 8:30 Monica	Hot Sculpt & Tone 8:30 - 9:15 Fatima
Warm Hips & Hammies 9:00 - 10:00 Fatima	Warm Yin 9:35 - 10:35 Monica	Hot Slow Flow 10:15 - 11:15 Monica	Hot Deep Stretch 9:00 - 10:00 Fatima	Warm Yin + Meditation 9:00 - 10:15 Angela	Hot Flow 9:20 - 10:20 Jackii
Outdoor Gentle Yoga 10:00 - 11:30 Erin	Stretch & Tone 10:30 - 11:30 Fatima	Hot Mat Pilates 11:15 - 12:15 Monica	55+ Fit for Life 9:30 - 10:30 Anne	Outdoor Gentle Yoga 10:00 - 11:30 Erin	Community Yoga by donation 9:35 - 10:35 Fatima
Hot Slow Flow 10:05 - 11:05 Fatima	Hot Pilates Flow 10:40 - 11:40 Monica	Lunch Time Mat Pilates 12:15 - 1:00 Monica	Hot Sculpt & Tone 10:15 - 11:15 Monica	Hot Slow Flow 10:35 - 11:35 Monica	Warm Deep Stretch 10:25 - 11:25 Jackii
Hot Mat Pilates 11:10 - 12:10 Monica	Ergonomic Yoga 12:00 - 12:50 Anne	Barre 5:00 - 6:00 Crystal	Slow Flow for Stress Relief 10:35 - 11:35 Fatima	Lunch Time Mat Pilates 12:15 - 1:00 Monica	**Stay Tuned** POP UP PILATES CLASSES TO BE OFFERED THROUGHOUT THE SUMMER
Gentle Vagal Yoga Relax your nervous system 5:00 - 6:30 Erin	Warm Hips & Hammies 4:00 - 5:00 Fatima	Hot Mat Pilates 5:00 - 6:00 Monica	Ergonomic Yoga 12:00 - 12:50 Anne		
Hot Flow 5:15 - 6:15 Jackii	Hot Sculpt & Tone 5:00 - 6:00 Monica	Warm Yin 6:15 - 7:15 Kim	Hot Power Vinyasa 5:15 - 6:15 Georgia		
Warm Deep Stretch 6:25 - 7:25 Jackii	Core Fusion 5:05 - 6:05 Fatima		Community Yoga by donation 5:00 - 6:00 Jennifer		
	Warm Yin & Yoga Nidra 6:05 - 7:05 Fatima		Restorative Yoga & Sound Bath 6:15 - 7:15 Kelly		
			Hot Flow 6:30 - 7:30 Georgia		

Upcoming at BMC

Power Week
\$50 Unlimited Classes
June 22nd - 27th

SUMMER MEMBERSHIPS!
Only \$199 - \$149 Student Pricing
Unlimited Classes June 22nd - August 29th

Summer Solstice 108 Sun Salutations
June 21st 6AM-8AM Hillcrest Park



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Pilates Reformer Schedule June 22nd - August 29th

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 Monica	TRX 9:00 - 10:00 Sandi	Essential Reformer (PR) 9:00 - 10:00 Monica	Essential Reformer (PR) 8:30 - 9:30 Monica	Essential Reformer + Cardio Tramp (PR) 9:30 - 10:30 Keri
TRX 9:00- 10:00 Crystal	Essential Reformer (PR) 12:00 - 1:00 Monica	Beginner Reformer (P) Start by May 9th 9:00- 10:00 Monica	Essential Reformer (PR) 11:30 - 12:30 Monica	Essential Reformer (PR) 9:30 - 10:30 Monica	Beginner Reformer (P) (Start by July 11th) 10:30 - 11:30 Keri
Essential Reformer (PR) 10:00 - 11:00 Monica	Essential + Reformer (PR) 4:00 - 5:00 Monica	Essential Reformer (PR) 10:05 - 11:05 Sandi	Essential Reformer (PR) 5:00- 6:00 Keri	Gentle Reformer (PR) 12:00 - 1:00 Erin	POP UP PILATES CLASSES TO BE OFFERED THROUGHOUT THE SUMMER
Essential Reformer (PR) 12:00 - 1:00 Erin	Essential Reformer (PR) 5:00 - 6:00 Erin/Katie	Essential Reformer (PR) 12:00 - 1:00 Keri	Beginner Reformer (P) (Start by July 11th) 6:00- 7:00 Keri	Lunch Time Mat Pilates 12:15 - 1:00 Monica	
Beginner Mat Pilates (By food donation) 1:30 - 2:15 Shae-lynn	Beginner Reformer (P) (Start by July 11th) 6:00 - 7:00 Erin/Katie	Lunch Time Mat Pilates 12:15 - 1:00 Monica	Essential Reformer (PR) 4:00 - 5:00 Monica		
Essential Reformer (PR) 4:30 - 5:30 Keri		Essential Reformer (PR) 4:00 - 5:00 Monica			
Lite Essential Reformer (PR) 5:30 - 6:30 Keri		Beginner Reformer (P) (Start by July 11th) 5:00 - 6:00 Keri			
		Essential Reformer (PR) 6:00-7:00 Keri			

**PR = PRE-REQUISITE
REQUIRED**

**P = PROGRESSIVE -
MUST BEGIN BY
JULY 11TH**

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