



# THE BODYMIND CENTRE

## Yoga Class Schedule March 2<sup>nd</sup> - April 25<sup>th</sup>

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

**Power Week March 2<sup>nd</sup> - 7<sup>th</sup> \$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>
<b>Warm Hips &amp; Hammies</b> 9:00 - 10:00 Fatima	<b>Hot Core Fusion</b> 8:30 - 9:30 Monica	<b>Warm Hips &amp; Hammies</b> 9:00 - 10:00 Erin	<b>Hot Deep Stretch</b> 9:00 - 10:00 Monica	<b>Hot Pilates Flow</b> 7:00 - 7:45 Monica	<b>Kundalini</b> 7:30 - 9:00 Erin
<b>Gentle Yoga</b> 10:00 - 11:30 Erin	<b>Warm Yin</b> 9:30 - 10:30 Monica	<b>Hot Slow Flow</b> 10:00 - 11:00 Monica	<b>55+ Fit for Life</b> 9:30 - 10:30 Anne	<b>Warm Yin + Meditation</b> 9:00 - 10:15 Angela	<b>Hot HIIT Yoga Boot Camp</b> 8:30-9:15 Lana
<b>Warm Flow</b> 10:05 - 11:05 Fatima	<b>55+ Fit for Life</b> 9:30 - 10:30 Anne	<b>Gentle Yoga</b> 10:00 - 11:30 Erin	<b>Hot Sculpt &amp; Tone</b> 10:15 - 11:15 Monica	<b>Gentle Yoga</b> 10:00 - 11:30 Erin	<b>Hot Flow</b> 9:20 - 10:20 Jackii
<b>Hot Mat Pilates</b> 11:10 - 12:10 Monica	<b>NEW! Rav Drum YIN YOGA</b> 10:30 - 11:30 Caitlin	<b>Hot Mat Pilates</b> 11:05 - 12:05 Monica	<b>Gentle Yoga + YIN</b> 10:40 - 11:40 Patricia	<b>Hot Slow Flow</b> 10:35 - 11:35 Monica	<b>Community Yoga by donation</b> 9:35-10:35 Lana
<b>Lunch Time Mat Pilates</b> 12:15 - 1:00 Monica	<b>Hot Pilates Flow</b> 10:40 - 11:40 Monica	<b>Lunch Time Mat Pilates</b> 12:05 - 12:55 Monica	<b>Ergonomic Yoga</b> 12:00 - 12:50 Anne	<b>Lunch Time Mat Pilates</b> 12:05 - 12:55 Monica	<b>Warm Deep Stretch</b> 10:25 - 11:25 Jackii
<b>Beginner Mat Pilates (By food donation)</b> 1:30 - 2:15 Shae-lynn	<b>Ergonomic Yoga</b> 12:00 - 12:50 Anne	<b>Barre</b> 4:00 - 5:00 Crystal	<b>NEW! Mom &amp; Baby Yoga</b> 1:00 - 2:00 Caitlin	<b>Hot Flow</b> 4:00 - 5:00 Kim	<b>Pilates Mat</b> 10:30-11:30 Crystal
<b>Hot Sculpt &amp; Tone Yoga</b> 4:15 - 5:00 Kim	<b>Warm Hips &amp; Hammies</b> 4:00 - 5:00 Fatima	<b>Hot Mat Pilates</b> 5:00-6:00 Monica	<b>Warm Yin</b> 4:30-5:30 Kelly	<b>Barre</b> 4:00 - 5:00 Crystal	<b>Barre</b> 11:30 - 12:30 Crystal
<b>Gentle Vagal Yoga</b> Relax your nervous system 5:00 - 6:30 Erin	<b>Hot Sculpt &amp; Tone</b> 5:00 - 6:00 Monica	<b>Prenatal Yoga</b> 5:15 - 6:15 Caitlin	<b>Community Yoga by donation</b> 5:00-6:00 Jennifer	<b>Hot Mat Pilates</b> 5:00-6:00 Crystal	<b>Warm Flow</b> 12:00 - 1:00 Fatima
<b>Hot Flow</b> 5:15 - 6:15 Jackii	<b>Yoga for the Inflexible</b> 5:05- 6:05 Fatima	<b>Hot Flow</b> 6:15 - 7:15 Charlotte	<b>Warm Flow</b> 5:40-6:40 Georgia	<b>Warm Candlelit Yin</b> 6:05 - 7:05 Fatima	<b>Warm Chakra Yin</b> 1:00 - 2:00 Fatima
<b>Warm Deep Stretch</b> 6:25 - 7:25 Jackii	<b>Warm Yin &amp; Yoga Nidra</b> 6:15-7:15 Fatima	<b>Yoga for Sleep</b> 6:30 - 7:30 Fatima	<b>Warm Yin</b> 6:45 - 7:45 Georgia		
<b>NEW! Warm Candlelit Flow/Yin</b> 7:30 - 8:30 Georgia		<b>Warm Yin</b> 7:20 - 8:20 Charlotte			

### Upcoming Events



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## Pilates Reformer Schedule March 2<sup>nd</sup> - April 25<sup>th</sup>

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

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### 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

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