

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.

Classes are (PN) = Pre-Natal friendly!

MON	TUE	WED	THUR	FRI	SAT
HOT SUNRISE YOGA 7:00 - 7:45 Monica		WARM HIPS & HAMMIES 9:00 - 10:00 Fatima (PN)	HOT MAT PILATES 7:00 - 7:45 Monica	HOT SUNRISE YOGA 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	GENTLE YOGA 10:00 - 11:00 Erin (PN)	HOT FLOW 8:00 - 9:00 Monica	HOT ABS & GLUTES 7:45 - 8:30 Monica	HOT SCULPT & TONE 8:30 - 9:15 Fatima
NEW! HOT FLOW 9:00 - 10:00 Marielle	WARM YIN 9:35 - 10:35 Monica (PN)	HOT SLOW FLOW 10:15 - 11:15 Monica	HOT DEEP STRETCH 9:00 - 10:00 Fatima (PN)	WARM YIN + MEDITATION 9:00 - 10:15 Angela (PN)	HOT FLOW 9:20 - 10:20 Jackii
GENTLE YOGA 10:00 - 11:30 Erin (PN)	STRETCH & TONE 10:30 - 11:30 Fatima (PN)	HOT MAT PILATES 11:15 - 12:15 Monica	55+ Fit For Life 9:30 - 10:30 Anne	GENTLE YOGA 10:00 - 11:00 Erin (PN)	NEW TIME! COMMUNITY YOGA by donation (PN) 10:45 - 11:45 / Fatima
NEW! WARM YIN 10:05 - 11:05 Marielle (PN)	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 11:00 - 12:00 Monica	WARM DEEP STRETCH 10:25 - 11:25 Jackii
HOT MAT PILATES 11:10 - 12:10 Monica	Ergonomic Yoga 12:00 - 12:50 Anne (PN)		YOGA FOR STRESS RELIEF 10:35 - 11:35 Fatima (PN)	LUNCH TIME MAT PILATES 12:15 - 1:00 Monica	WARM CHAKRA FLOW 12:00 - 1:00 Fatima
GENTLE VAGAL YOGA Relax Your Nervous System 5:15 - 6:45 Erin (PN)	WARM HIPS & HAMMIES 4:00 - 5:00 Fatima (PN)	BARRE 5:00 - 6:00 Crystal	Ergonomic Yoga 12:00 - 12:50 Anne (PN)	BARRE 5:00 - 6:00 Crystal	SUNDAY
HOT FLOW 5:15 - 6:15 Jackii	HOT SCULPT & TONE 5:00 - 6:00 Monica	HOT MAT PILATES 5:00 - 6:00 Monica	COMMUNITY YOGA by donation 5:00 - 6:00 Jennifer (PN)	NEW! HOT PILATES FLOW 5:00 - 6:00 Kim	NEW! HOT FLOW 10:00 - 11:00 Marielle
WARM DEEP STRETCH 6:25 - 7:25 Jackii	ALIGNMENT YOGA (Suitable for Beginners) 5:30 - 6:30 / Cone	HOT FLOW 6:15 - 7:15 Marielle	HOT POWER VINYASA 5:15 - 6:15 Georgia	NEW! WARM YIN 6:10 - 7:10 Kim (PN)	NEW! WARM YIN 11:10 - 12:10 Marielle (PN)
First Responder Drop in Rate \$15 Yoga / Pilates \$20 Reformer	WARM YIN & YOGA NIDRA 6:15 - 7:15 Fatima (PN)	WARM YIN 7:20 - 8:20 Marielle (PN)	RESTORATIVE YOGA & SOUNDBATH 6:15 - 7:15 / Kelly (PN)	**It's Happening** New Moon Soundbath Thursday Oct 8 7:30 - 9:30 pm Full Moon Soundbath Sunday Oct 25 6:30 - 7:30 pm Crystal Surgery for Joints Sunday Oct 25 Reiki L1 Sunday Oct 4 9:00 - 5:00 pm Reiki L2 Sunday Nov 1 9:00 - 5:00 pm	
			WARM YIN 6:30 - 7:30 Georgia (PN)		



Get a Membership & Play Everyday



(807) 344-1628 / bodymindcentre.com

FALL 2026 V3
THANK YOU
FOR VOTING US
#1 YOGA STUDIO
14 YEARS IN A ROW

THE BODYMIND CENTRE

PILATES / REFORMER SCHEDULE

October 1st - 25th

**PR = PRE-REQUISITE
 REQUIRED**
P = PROGRESSIVE
MUST BEGIN BY SEP 14

Beginner Reformer Level 1 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 or Beginner Level 2.
 Private sessions are also available for beginners to intermediate levels, plus therapeutic sessions are also available.

MON	TUE	WED	THUR	FRI	SAT
Essential Reformer (PR) 9:00 - 10:00 Monica	NEW! Mat Pilates 8:30 - 9:25 Crystal	TRX 9:00 - 10:00 Sandi	New! TRX Pilates 8:30 - 9:25 Crystal	Essential Reformer (PR) 8:45 - 9:45 Monica	Essential Reformer (PR) 7:30 - 8:30 Katie
New! TRX 9:00 - 10:00 Crystal	Essential Reformer (PR) 8:30 - 9:30 Monica	Beginner Reformer (P) Level 1 - Foundation (Before Sept 14) 9:00 - 10:00 / Monica	Essential Reformer (PR) 9:00 - 10:00 Monica	Essential Reformer (PR) 9:50 - 10:50 Monica	Essential Reformer (PR) 8:30 - 9:30 Katie
Essential Reformer (PR) 10:00 - 11:00 Monica	Essential Reformer (PR) 9:30 - 10:30 Sandi	Essential Reformer (PR) 10:05 - 11:05 Sandi	Essential Reformer (PR) 10:00 - 11:00 Sandi	Gentle Reformer (PR) 12:00 - 1:00 Erin	Essential Reformer + Cardio Tramp (PR) 9:30 - 10:30 / Keri
Essential Reformer (PR) 12:00 - 1:00 Erin	Beginner Reformer (P) Level 1 - Foundation (Before Sept 14) 10:30 - 11:30 / Katie	Essential Reformer (PR) 12:00 - 1:00 Keri	Essential Reformer (PR) 11:30 - 12:30 Monica	Lunch Time Mat Pilates 12:15 - 1:00 Monica	NEW! Mat Pilates 9:35 - 10:20 Crystal
	Essential Reformer (PR) 12:00 - 1:00 Monica	Lunch Time Mat Pilates 12:15 - 1:00 Monica	Essential Reformer (PR) 5:00 - 6:00 Katie	Essential Reformer (PR) 4:30 - 5:30 Keri	Beginner Reformer (P) Level 1 - Foundation (Before Sept 14) 10:30 - 11:30 / Keri
Essential Reformer (PR) 4:30 - 5:30 Keri	Essential + Reformer (PR) 4:00 - 5:00 / Monica	Essential Reformer (PR) 4:00 - 5:00 Monica	NEW! Mobility Reformer Level 2 (PR) 6:00 - 7:00 / Katie	Barre 5:00 - 6:00 Crystal	Essential Reform(PR) 11:30 -12:30 Keri
Lite Essential Reformer (PR) 5:30 - 6:30 / Keri Build Endurance	Essential Reformer (PR) 5:00 - 6:00 Katie	Essential Reformer + Cardio Tramp (PR) 5:00 - 6:00 / Keri		New! MAT CARDIO REFORMER 5:30 - 6:30 / Keri	SUNDAY
Beginner Reformer (P) Level 1 - Foundation (Before Sept 14) 6:35 - 7:35 / Keri	Beginner Reformer (P) Level 1 - Foundation (Before Sept 14) 6:00 - 7:00 / Katie	Beginner Reformer (P) Level 1 - Foundation (Before Sept 14) 6:00 - 7:00 / Keri			Essential Reformer 10:00 - 11:00 Katie
	Essential Reformer (PR) 7:05 - 8:05 Katie	Essential Reformer (PR) 7:05 - 8:05 Keri			Beginner Reformer Level 2 (PR) 11:00 - 12:00 Katie
First Responder Drop in Rate \$15 Yoga / Pilates \$20 Reformer					Essential Reformer 12:00 - 1:00 Katie

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

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 Package
 for the entire 8 week session
(online has a 2 week limit)

VISIT BODYMINDCENTRE.COM FOR COMPLETE PRICING

Visit Us

8 - 105 Villa St. (807) 344-1628
 Thunder Bay, ON P7A 7W5 **bodymindcentre.com**

all of you • one place



lululemon  **athletica**