



# THE BODYMIND CENTRE

## Yoga Class Schedule June 23rd-Aug30th 2025

Power Week June 23rd-28th Unlimited Classes only \$50

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!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Warm Hips &amp; Hammies 9:00 - 10:00 Fatima</div> <div>Gentle Yoga 10:00 - 11:30 Erin</div> <div>Warm Flow 10:05 - 11:05 Fatima</div> <div>Hot Mat Pilates 11:15 - 12:15 Monica</div> <div>Hot Sculpt &amp; Tone 4:00 - 5:00 Kim</div> <div>Gentle Vagal Yoga Relax your nervous system 5:00 - 6:30 Erin</div> <div>Hot Flow 5:15 - 6:15 Jackii</div> <div>Warm Deep Stretch 6:25 - 7:25 Jackii</div> <div>Intermediate Flow Yoga 6:35-7:50 Georgia</div>	<div>Hot Core Fusion 9:30 - 10:30 Monica</div> <div>55+ Fit for Life 9:30 - 10:30 Anne</div> <div>Gentle Flow Yoga 10:30 - 11:30 Irene</div> <div>Warm Deep Stretch 10:35 - 11:35 Monica</div> <div>Ergonomic Yoga 12:00 - 12:50 Anne</div> <div>Warm Hips &amp; Hammies 4:30 - 5:30 Kelly M</div> <div>Slow Sound Flow 5:45 - 6:45 Kelly</div> <div>Hot Sculpt &amp; Tone 5:30 - 6:30 Monica</div> <div>Warm Yin &amp; Yoga Nidra 6:35-7:35 Fatima</div>	<div>Hot Sculpt &amp; Tone 8:30 - 9:30 Monica</div> <div>Hot Slow Flow 9:30 - 10:30 Monica</div> <div>Gentle Yoga 10:00 - 11:30 Erin</div> <div>Hot Mat Pilates 10:40-11:40 Monica</div> <div>Lunch Time Mat Pilates 12:05 - 12:55 Monica</div> <div>Barre 4:00-5:00 Crystal</div> <div>Pilates Mat 5:00 - 6:00 Crystal</div> <div>Hot Flow 5:35- 6:35 Kim</div> <div>Restore &amp; Relax 6:00-7:00 Fatima</div> <div>Warm Yin 6:45-7:45 Kim</div>	<div>Hot HIIT Yoga Bootcamp 6:00 - 7:00 Lana</div> <div>Hot Unlock your Hips 9:00- 10:00 Monica</div> <div>55+ Fit for Life 9:30 - 10:30 Anne</div> <div>Hot Pilates Flow 10:00 - 11:00 Monica</div> <div>Ergonomic Yoga 12:00 - 12:50 Anne</div> <div>Warm Hips &amp; Hammies 4:00-5:00 Fatima</div> <div>Warm Flow 5:30-6:30 Georgia</div> <div>Community Yoga by donation 5:05-6:05 Jennifer</div> <div>Warm Yin 6:30-7:30 Georgia</div>	<div>Warm Yin + Meditation 9:00 - 10:15 Angela</div> <div>Gentle Yoga 10:00 - 11:30 Erin</div> <div>Hot Slow Flow 10:35 - 11:35 Monica</div> <div>Lunch Time Mat Pilates 12:05 - 12:55 Monica</div> <div>BONUS FRIDAY CLASSES</div> <div>Hot Vinyasa Flow 5:00 - 6:00 Charlotte</div> <div>Barre 4:00-5:00 Crystal</div> <div>Hot Mat Pilates 5:00-6:00 Crystal</div>	<div>Kundalini Yoga 8:00 - 9:00 Erin</div> <div>Hot HIIT Yoga Boot Camp 8:30-9:15 Lana</div> <div>Hot Flow 9:20 - 10:20 Jackii</div> <div>Community Yoga by donation 10:00 - 11:00 Lana</div> <div>Warm Deep Stretch 10:25 - 11:25 Jackii</div> <div>Warm Chakra Yin 11:30 - 12:30 Fatima</div>

Upcoming Events!  
New moon Healing Sound Bath  
Wednesday, July 23<sup>rd</sup> 7:00-9:00pm with Erin  
August Special Pass  
Unlimited classes Aug 1- 30th Only \$125.00



# THE BODYMIND CENTRE

## Pilates Reformer Schedule June 23rd-Aug 30<sup>th</sup> 2025

New Beginner Reformer Level I Reformer is a progressive class. We require participants to begin within the first 3 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 3 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
<b>Essential Reformer (PR)</b> 9:00 - 10:00 Monica	<b>Essential Reformer (PR)</b> 8:30-9:30 Sandi	<b>Essential Reformer(PR)</b> 9:00- 10:00 Sandi	<b>Essential Reformer (PR)</b> 830 - 9:30 Sandi	<b>Essential Reformer (PR)</b> 8:30 - 9:30 Monica	<b>Essential Reformer (PR)</b> 9:15-10:15 All Instructors
<b>Pilates Mat</b> 9:00- 10:00 Crystal	<b>Essential Reformer (PR)</b> 9:40 - 10:40 Sandi	<b>Sculpt&amp; Tone Reformer (PR)</b> 10:00 - 11:00 Sandi	<b>Essential Reformer (PR)</b> 9:40 - 10:40 Sandi	<b>Essential Reformer (PR)</b> 9:30 - 10:30 Monica	<b>Beginner Reformer (P) (Start by July 12th)</b> <del>10:15 - 11:15</del> All Instructors
<b>Essential Reformer (PR)</b> 10:00 - 11:00 Monica	<b>Essential Reformer (PR)</b> 11:40 - 12:40 Monica	<b>Essential Reformer (PR)</b> 12:00 - 1:00 Erin	<b>Essential Reformer (PR)</b> 11:00 - 12:00 Monica	<b>Gentle Reformer (PR)</b> 12:00 - 1:00 Erin	
<b>Essential Reformer (PR)</b> 12:00 - 1:00 Erin	<b>Essential Reformer (PR)</b> 12:45-1:45 Monica	<b>Beginner Reformer (P) (Start by July 12th)</b> 4:30 - 5:30 Sandi	<b>Beginner Reformer (P) (Start by July 12th)</b> 12:15-1:15 Jeanette	<b>Lunch Time Mat Pilates</b> 12:05 - 12:55 Monica	
<b>Beginner Mat Pilates (By food donation)</b> 1:30 - 2:15 Shae-lynn	<b>Essential Reformer (PR)</b> 4:30 - 5:30 Monica	<b>Pilates Mat</b> 5:00 - 6:00 Crystal	<b>Essential Reformer (PR)</b> 5:00- 6:00 Erin	<b>Barre</b> 4:00-5:00 Crystal	
<b>Essential Reformer (PR)</b> 5:00 - 6:00 Keri	<b>Essential + Reformer (PR)</b> 5:30 - 6:30 Jeanette	<b>Essential Reformer (PR)</b> 5:30 - 6:30 Sandi	<b>Beginner Reformer (P) (Start by July 12th)</b> 6:00- 7:00 Erin	<b>Hot Mat Pilates</b> 5:00-6:00 Crystal	
<b>Lite Essential Reformer (PR)</b> 6:00 - 7:00 Keri	<b>Beginner Reformer (P) (Start by July 12th)</b> 6:35 - 7:35 Jeanette				

**PR - PRE-REQUISITE REQUIRED**  
**P - PROGRESSIVE - MUST BEGIN BY JULY 12TH**

### Pricing Options

<b>Class Packages</b>	All Drop in packages expire after 1 year
Yoga/Pilates Drop in Pass	\$20
3x Yoga/Pilates Drop in Package	\$55
6x Yoga/Pilates Drop in Package	\$110
12x Yoga/Pilates Drop in Package	\$215
One Month Unlimited Pass	\$179
Reformer Drop in Pass	\$25
3x Reformer Drop in Package	\$69
6x Reformer Drop in Package	\$139
12x Reformer Drop in Package	\$275
Student 12x Yoga/Pilates Drop in Package	\$192
Student 12 Reformer Drop in Package	\$230
Student One Month Unlimited Pass	\$129

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### Membership Options

1 Year Monthly Membership	\$149.00
3 Month+ Membership	\$159.00 Monthly (auto renew)
Student 3 Month + Membership	\$109 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

