



Yoga Class Schedule January 6th - March 1st 2025

Power Week January 6th - 11th 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
Warm Hips & Hammies 9:00 - 10:00 Erin	NEW! Hot HIIT Yoga Bootcamp 6:15 - 7:15 Lana	Hot Flow 9:30 - 10:30 Monica		Warm Yin + Meditation 9:00 - 10:15 Angela	Kundalini Yoga 7:30 - 9:00 Erin
Gentle Yoga 10:00 - 11:30 Erin	Hot Core Fusion 9:30 - 10:30 Monica	Gentle Yoga 10:00 - 11:30 Erin	55+ Fit for Life 9:30 - 10:30 Anne	Gentle Yoga 10:00 - 11:30 Erin	Hot Flow 9:00 - 10:00 Jackii
Warm Flow 10:05 - 11:05 Fatima	55+ Fit for Life 9:30 - 10:30 Anne	Hot Mat Pilates 10:40 - 11:40 Monica	Hot Unlock your Hips 9:35 - 10:35 Monica	Hot Slow Flow 10:35 - 11:35 Monica	Warm Yin 10:05 - 11:05 Jackii
Hot Mat Pilates 11:15 - 12:15 Monica	Gentle Flow Yoga 10:30 - 11:30 Irene	Lunch Time Breathe & Stretch 12:10-12:50 Fatima	Gentle Yoga +YIN 10:30 - 11:30 Patricia	New! Hot Mat Pilates 5:00 - 6:00 Crystal	Hot HIIT Yoga Boot Camp 11:15 - 12:15 Lana
Gentle Vagal Yoga Relax your nervous system 5:00 - 6:30 Erin	Warm Deep Stretch 10:35 - 11:35 Monica	Warm Yin/Flow Fusion 4:30 - 5:30 Fatima	Hot Pilates Flow 10:35 - 11:35 Monica	Hot Flow 6:05 - 7:05 Georgia	BARRE 11:10 - 12:10 Crytal
Hot Flow 5:15 - 6:15 Jackii	Ergonomic Yoga 12:00 - 12:50 Anne	Hot Flow 5:35- 6:35 Kim	Ergonomic Yoga 12:00 - 12:50 Anne	Warm Yin 7:10 - 8:10 Georgia	Warm Chakra Yin 12:30 - 1:30 Fatima
Warm Deep Stretch 6:25 - 7:25 Jackii	Warm Hips & Hammies 4:30 - 5:30 Kelly M	Meditation 6:30-8:00 Potala Tibetan Centre BY DONATION	Warm Hips & Hammies 4:00-5:00 Erin		Community Yoga by donation 12:30- 1:30 Lana
Hot Candelit Flow 7:30-8:30 Georgia	Hot Sculpt & Tone 5:30 - 6:30 Monica	Grief Yoga 6:30 - 7:30 Kelly M.	Hot Mat Pilates 5:00-6:00 Monica		
	NEW! Ashtanga Yoga 5:00 - 6:00 Jessie	Warm Hips & Hammies 6:45-7:45 Kim	Community Yoga by donation 5:30-6:30 Jennifer		
	NEW! Beginner Yoga 6:00 - 7:00 Dane		Warm Flow 6:00-7:00 Dane		
	Warm Yin & Yoga Nidra 6:35-7:35 Fatima		Warm Candelit Yin 7:05-8:05 Dane		
			NEW! Somatic Dance 6:45-8:15 Lillian		

Boxed classes are Pre-Natal friendly!

THANK YOU FOR VOTING US
The BEST Yoga Studio & Instructors
~ Walleye Magazine



NEW YEAR OPEN HOUSE
January 4th, 2025
FREE Classes and Workshops
New Session Starts Jan 6th
POWER WEEK
TRY UNLIMITED CLASSES FOR \$50



Full Moon Soundbath
Jan 12 / 7-9 pm

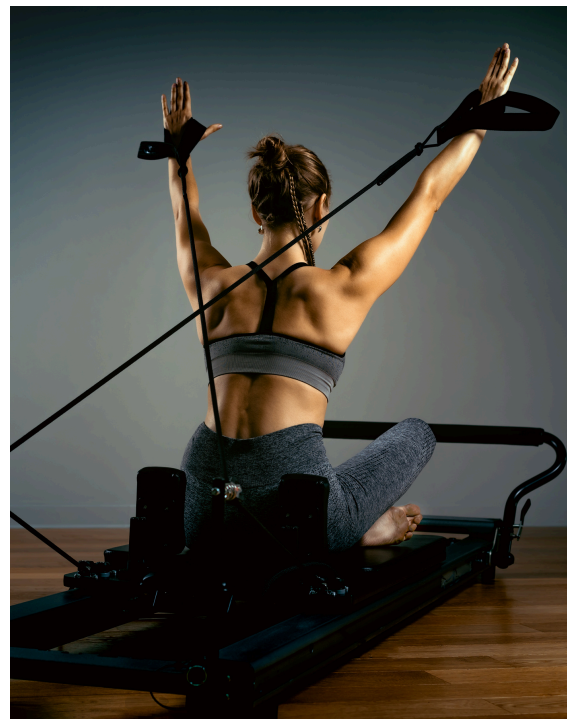


Pilates Reformer Schedule January 6th - March 1st 2025

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.

<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) 9:00 - 10:00 Sandi	Pilates Mat 9:00- 10:00 Sandi	Essential Reformer (PR) 9:00 - 10:00 Sandi	Essential Reformer (PR) 8:30 - 9:30 Monica	Essential Reformer (PR) 9:15-10:15 All Instructors
Pilates Mat 9:00- 10:00 Crystal	Essential Reformer (PR) 10:00 - 11:00 Sandi	Essential Reformer (PR) 10:00 - 11:00 Sandi	Essential Reformer (PR) 10:00 - 11:00 Sandi	Essential Reformer (PR) 9:30 - 10:30 Monica	Pilates Mat 10:00 - 11:00 Crystal
Essential Reformer (PR) 10:00 - 11:00 Monica	Essential Reformer (PR) 11:40 - 12:40 Monica	Essential Reformer (PR) 12:00 - 1:00 Erin	Essential Reformer (PR) 11:40 -12:40 Monica		Essential Reformer (PR) 10:15 - 11:15 All Instructors
Essential Reformer (PR) 12:00 - 1:00 Erin	Beginner Reformer (P) (Start by Jan18th) 12:45 - 1:45 Monica	Barre 4:30-5:30 Crystal	Beginner Reformer (P) (Start by Jan18th) 12:45 - 1:45 Jeanette	Gentle Reformer (PR) 12:00 - 1:00 Erin	Barre 11:10 - 12:10 Crystal
Beginner Mat Pilates (By food donation) 1:30 - 2:15 Shae-lyne	Essential Reformer (PR) 4:30 - 5:30 Monica	Beginner Reformer (P) (Start by Nov.9th) 4:30 - 5:30 Sandi	Essential Reformer (PR) 4:00 - 5:00 Monica	Pilates Reformer Basics (Open to newcomers) 1:00 - 2:00 Erin	Beginner Reformer (P) (Start by Jan 18th) 11:15 - 12:15 All Instructors
Essential Reformer (PR) 4:30 - 5:30 Monica	Essential + Reformer (PR) 5:30 - 6:30 Jeanette	HIIT Pilates 5:30 - 6:30 Crystal	Essential Reformer (PR) 5:15- 6:15 Erin	Barre 4:00 - 5:00 Crystal	
Essential+ Reformer (PR) 5:30 - 6:30 Monica	Beginner Reformer (P) (Start by Jan 18th) 6:35 - 7:35 Jeanette	Essential Reformer (PR) 5:30 - 6:30 Sandi	Beginner Reformer (P) (Start by Jan 18th) 6:20- 7:20 Erin	NEW! HOT PILATES 5:00 - 6:00 Crystal	
Wall Pilates 6:35 - 7:35 Crystal		Beginner Reformer Level 2 (PR) 6:35 - 7:35 Sandi			



★ **PR - PRE-REQUISITE REQUIRED**
P - PROGRESSIVE - MUST BEGIN BY JAN. 18

Pricing Options

Class Packages 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	\$225
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

VISIT BODYMINDCENTRE.COM FOR COMPLETE PRICING

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

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