



THE BODYMIND CENTRE

FOLLOW US ON SOCIAL MEDIA

POWER WEEK
SEPTEMBER 3-8 \$30
UNLIMITED CLASSES

CHECK US OUT ONLINE
 BODYMINDCENTRE.COM

FALL 2019 SESSION as of September 23rd

807-344-1628

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																														
WARM UNLOCK YOUR HIPS 9:00 - 10:00 Erin	WARM FLOW 9:00 - 10:00 Diane	HOT POWER 9:00 - 10:00 Diane	WARM UNLOCK YOUR HIPS 9:00 - 10:00 Erin	WARM YIN 9:00 - 10:15 Angela	HOT VINYASA 9:15 - 10:15 Kaileigh	HOT FLOW 9:30 - 10:30 Sara-Kim																														
WARM STRENGTH AND BALANCE 10:10 - 11:10 Diane	WARM YIN 10:10 - 11:10 Diane	WARM YIN & TWIST 10:10 - 11:10 Diane	WARM FLOW 10:15 - 11:15 Diane	MEDITATION 10:15 - 10:30 Angela	WARM STRENGTH AND BALANCE 10:30 - 11:30 Kimberly	BEGINNER'S HOT BIKRAM 10:40 - 11:40 Sara-Kim																														
WARM YIN 11:15 - 12:15 Diane				HOT FLOW 10:35 - 11:35 Tia	WARM YIN 11:35 - 12:35 Kelly R	HOT GENTLE 11:50 - 12:50 Sara-Kim																														
					WARM GENTLE 12:40 - 1:40 Kelly R																															
HOT HAPPY HIPS 5:00 - 6:00 Latoya	HOT HIPS + HAMMIES FLOW 4:10 - 5:10 Sasha																																			
HOT FLOW 6:05 - 7:00 Latoya	WARM YIN 4:30 - 5:30 Julie	HOT FLOW 5:10 - 6:10 Diane	HOT POWER 4:30 - 5:30 Arthur	HOT SLOW FLOW 4:30 - 5:30 Patricia																																
HOT GENTLE 7:05 - 8:10 Jackii	HOT FLOW 5:35 - 6:35 Sasha	HOT YIN 6:15 - 7:15 Diane	HOT YIN & TWIST 5:35 - 6:35 Diane	WARM YIN 5:35 - 6:35 Patricia	<table border="0"> <tr> <td>1 Year</td> <td>\$89/month</td> </tr> <tr> <td>6 Month</td> <td>\$99/month</td> </tr> <tr> <td>6 Month Student</td> <td>\$69/month</td> </tr> <tr> <td>4 Month Student</td> <td>\$260 upfront payment</td> </tr> <tr> <td colspan="2"> </td> </tr> <tr> <td>1 Month Pass</td> <td>\$150</td> </tr> <tr> <td>1 Month Pass Student</td> <td>\$99</td> </tr> <tr> <td colspan="2"> </td> </tr> <tr> <td>3/6/12 Drop In</td> <td>\$42/\$85/\$165</td> </tr> <tr> <td>12 Class Pack Reformer</td> <td>\$198</td> </tr> <tr> <td>12 Class Pack Kids</td> <td>\$99</td> </tr> <tr> <td colspan="2"> </td> </tr> <tr> <td>1 & 2 Time/Week</td> <td>\$105 & \$210</td> </tr> <tr> <td colspan="2"> </td> </tr> <tr> <td>1 & 2 Time/Week Reformer</td> <td>\$128 & \$252</td> </tr> </table>		1 Year	\$89/month	6 Month	\$99/month	6 Month Student	\$69/month	4 Month Student	\$260 upfront payment			1 Month Pass	\$150	1 Month Pass Student	\$99			3/6/12 Drop In	\$42/\$85/\$165	12 Class Pack Reformer	\$198	12 Class Pack Kids	\$99			1 & 2 Time/Week	\$105 & \$210			1 & 2 Time/Week Reformer	\$128 & \$252
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HOT YIN 8:10 - 9:10 Jackii	HOT YIN 6:50 - 7:50 Patricia	HOT GENTLE 7:20 - 8:35 Erin	HOT FLOW 6:45 - 7:45 Mia																																	
				<p>NAMA-STAY IN THE KNOW!</p> <p>FOLLOW US ON SOCIAL MEDIA</p> <p>LULULEMON NEW ARRIVALS, SCHEDULE UPDATES AND GIVEAWAYS!</p>																																



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S L E P I N G G I A N T S T U D I O P I L A T E S S T U D I O	GENTLE YOGA 10:00 - 11:30 Erin	55+ FIT FOR LIFE 9:30 - 10:30 Anne	BOSU BLAST 9:00 - 10:00 Sandi	NEW! GLUTES + FLOW 6:45 - 7:45 Tia	TRX/BALL/BOSU 9:00 - 10:00 Sandi	KUNDALINI 8:00 - 9:30 Erin @ Dharmahouse	
		GENTLE FLOW 10:30 - 12:00 Nancy	GENTLE YOGA 10:00 - 11:30 Erin	55+ FIT FOR LIFE 9:30 - 10:30 Anne	GENTLE YOGA 10:00 - 11:30 Erin	FORM & FLOW 9:00 - 10:30 Kimberly	FAMILY YOGA <i>by donation</i> 10:00-11:00 Jackii
		ERGONOMIC 12:05 - 12:55 Anne	MOM & BABY 11:30 - 12:30 Diane	GENTLE FLOW 10:30 - 12:00 Patricia		VINYASA 10:30 - 11:30 Kaileigh	KIDS ANTI-GRAVITY 11:15 - 12:00 Daniela
	YOGA FOR BACKS 2:00 - 3:00 Diane			ERGONOMIC 12:05 - 12:55 Anne		RESTORATIVE 11:40 - 1:00 Angela	BEGINNER ANTI-GRAVITY 12:00 - 1:00 Daniela
	KUNDALINI 4:35 - 5:45 Erin	CORE YOGA 5:00 - 6:00 Tia	GENTLE PILATES 2:00 - 3:00 Diane		PRIVATE CLASS 4:00 - 5:00		
	VAGAL RESTORATIVE 5:50 - 7:00 Erin	GENTLE YOGA 6:05 - 7:05 Kaileigh	KUNDALINI 5:00 - 6:30 Erin	GENTLE YOGA 6:00 - 7:00 Kaileigh	LUNAR/SOLAR FLOW 6:00 - 7:00 Angela		CRYSTAL BOWL AND GONG MEDITATION 7:00 - 8:30 BY DONATION with Erin
	RESTORATIVE 7:10 - 8:30 Angela			YINSTORATIVE 7:10 - 8:30 Nancy	AROMATHERAPY YINSTORATIVE 7:05 - 8:30 Angela		
	HIIT/CARDIO TRAMP 9:00 - 9:50 Sandi	ESS REFORMER (PR) 9:00 - 10:00 Sandi	ESS REFORMER (PR) 9:00 - 10:00 Erin	HIIT/CARDIO TRAMP 9:00 - 9:50 Sandi	ESS REFORMER (PR) 10:00 - 11:00 Sandi	ESS REFORMER (PR) 9:00 - 10:00 Tracey/Sandi/Diane	WORKSHOPS YOGA FOR A BUSY MIND Wednesday's 7:30 - 8:30pm YOGA FOUNDATIONS Saturday's 1:15 - 2:15pm with Kaileigh ask the front desk for more details!
	ESS REFORMER (PR) 10:00 - 11:00 Sandi	ALL LEVELS MAT 10:05 - 11:05 Sandi	NEW! BARRE + REFORMER 10:10 - 11:00 Sandi	ESS/ESS+ MAT (PR) 10:00 - 11:00 Sandi		INTRO REFORMER (P) 10:00 - 11:00 Tracey/Sandi/Diane	
	ESS REFORMER 12:45 - 1:45 Diane		ESS REFORMER 12:45 - 1:45 Diane	INTRO MAT 11:20 - 12:20 Diane			
REFORMER CARDIO TRAMP 4:15 - 5:00 Diane	HIIT/CARDIO TRAMP 5:00 - 5:45 Diane		HIIT 5:00 - 5:30 Sandi	ESS REFORMER (PR) 4:00 - 5:00 Diane			
ESS REFORMER (PR) 5:00 - 6:00 Diane	INTRO MAT (P) 5:45 - 6:45 Diane	ESS MAT (PR) 5:00 - 5:45 Sandi	NEW! BARRE + REFORMER 5:30 - 6:30 Sandi				
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