



# September 5th to October 28, 2023 Fall Yoga Schedule



**POWER WEEK! Sept.5 - Sept 9th Unlimited Classes for only \$50**

We recommend bringing your own Yoga Mat to class - we do have a small amount available 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. Plus a bolster, cushion or pillow for all Gentle & Kundalini classes as we have a limited amount here at the centre. 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>Morning Practice</b> Warm Studio 6:30 - 7:30 Erin	<b>Morning Practice</b> Warm Studio 6:30 - 7:30 Erin	<b>Kundalini Yoga</b> 6:00 - 7:30 Erin	<b>Morning Practice</b> Warm Studio 6:30 - 7:30 Erin	<b>Morning Practice</b> Warm Studio 6:30 - 7:30 Erin	<b>Kundalini Yoga</b> 8:00 - 9:30 Erin
<b>Warm Hips &amp; Hammies</b> 9:00 - 10:00 Erin	<b>Hot Flow</b> 9:20 - 10:20 Monica	<b>Hot Dynamic Flow</b> 9:20 - 10:20 Monica	<b>Hot Pilates Flow</b> 9:20 - 10:20 Monica	<b>Warm Yin &amp; Meditation</b> 9:00 - 10:15 Angela	<b>Hot Flow</b> 9:00 - 10:00 Jackii
<b>Gentle Yoga</b> 10:15 - 11:45 Erin	<b>55+ Fit for Life</b> 9:30 - 10:30 Anne	<b>Gentle Vagal Yoga</b> 10:15 - 11:45 Erin	<b>55+ Fit for Life</b> 9:30 - 10:20 Anne	<b>Gentle Yoga</b> 10:15 - 11:45 Erin	<b>Warm Yin</b> 10:05 - 11:05 Jackii
<b>Hot Dynamic Flow</b> 10:15 - 11:15 Monica	<b>Hot Core Fusion</b> 10:25 - 11:25 Monica	<b>Warm Hips and Hammies</b> 10:30 - 11:30 Monica	<b>Hot Unlock Your Hips</b> 10:25 - 11:25 Monica	<b>Hot Flow</b> 10:25 - 11:25 Monica	<b>Warm Gentle Flow</b> 11:15 - 12:15 Ashley
	<b>Gentle Yoga</b> 10:30 - 11:30 Irene		<b>Gentle Yoga</b> 10:30 - 11:30 Irene		<b>Community Yoga by donation</b> 2:40 - 3:40 Lori
	<b>Ergonomic Yoga</b> 12:00 - 12:50 Anne		<b>Ergonomic Yoga</b> 12:00 - 12:50 Anne		
<b>Gentle Vagal Yoga</b> 5:00 - 6:30 Erin	<b>Restorative Yin Somatics</b> 5:00 - 6:20 Angela	<b>Warm Ashtanga</b> 5:15 - 6:15 Jessie	<b>Hot Flow</b> 5:15 - 6:15 Kim		
<b>Hot Flow</b> 5:15 - 6:15 Jackii	<b>Hot Flow</b> 5:15 - 6:15 Riley	<b>Prenatal Yoga</b> 5:30 - 6:30 Jennifer	<b>Hot Sculpt &amp; Tone Yoga</b> 6:30 - 7:30 Monica		
<b>Warm Deep Stretch</b> 6:25 - 7:25 Jackii	<b>NEW! Warm Moon Flow + Restore</b> 6:30 - 7:30 Angela	<b>Warm Yin</b> 6:25 - 7:25 Jessie	<b>Anti-Gravity Yoga</b> 6:30 - 7:30 Victoria		
<b>Hot Pilates Flow</b> 7:45 - 8:45 Monica	<b>Grief Yoga</b> 6:30 - 7:45 Kelly M.	<b>Community Yoga by donation</b> 6:35 - 7:35 Jennifer	<b>Warm Gentle Flow</b> 7:35 - 8:35 Monica		
		<b>Hot Core Fusion</b> 7:35 - 8:35 Monica			



Join us for the following Workshops:

**Reiki Practice Group**

Fri. Sept 15th 3:15pm-5:15pm  
Prerequisite: Reiki I

**Vagal Meditation Retreat**

Sun. Sept. 17th 9am - 1pm

**Blue Moon Healing Sound Bath**

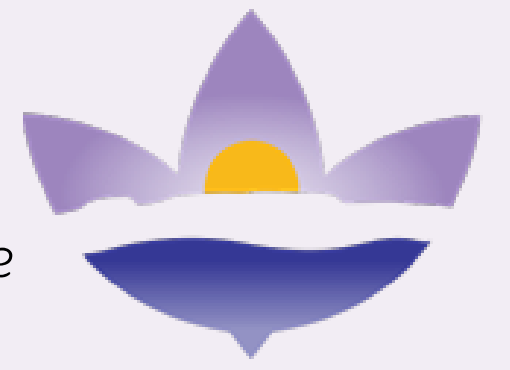
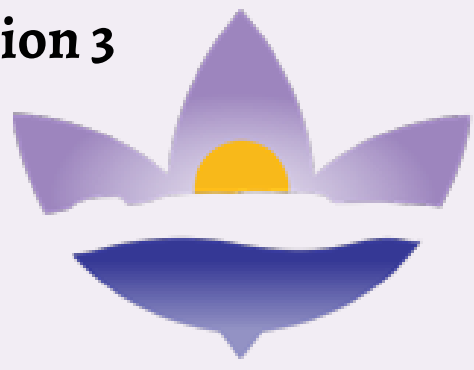
Wed. Aug. 30th 7:45-9:45

**New Moon Healing Sound Bath**

Thurs. Sept. 14th 7:00-9:00pm

Drop ins Welcome! Only \$18.00

**Cancellations made less than 12 hours to the start of class will be subject to our late cancellation/no show policy. See Updates and Policies on back.**



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>
<b>Pilates Mat</b> 9:00- 10:00 Sandi	<b>Sunrise HIIT + TRX</b> 6:30 - 7:30 Crystal	<b>Pilates Mat</b> 9:00- 10:00 Sandi	<b>Essential Reformer (PR)</b> 9:00 - 10:00 Sandi	<b>Pilates Mat</b> 9:00- 10:00 Sandi	<b>Essential Reformer (PR)</b> 9:00 - 10:00 Kim
<b>Essential Reformer (PR)</b> 10:00 - 11:00 Sandi	<b>Essential Reformer (PR)</b> 9:00 - 10:00 Sandi	<b>Essential Reformer (PR)</b> 10:00 - 11:00 Sandi	<b>Sculpt &amp; Tone Reformer (PR)</b> 10:15 - 11:15 Sandi	<b>Essential Reformer (PR)</b> 10:00 - 11:00 Sandi	<b>NEW! Pilates Barre Cardio</b> 10:00 - 11:00 Crystal
<b>Beginner Reformer Level II (PR)</b> 12:00 - 1:00 Erin	<b>Essential Reformer (PR)</b> 10:15 - 11:15 Sandi	<b>Beginner Reformer Level II (PR)</b> 12:00 - 1:00 Erin	<b>Essential Reformer (PR)</b> 4:30 - 5:30 Sandi	<b>Pilates Reformer Basics (Open to newcomers)</b> 11:45 - 12:45 Erin	<b>New Beginner Reformer Level I (P) (Start by Sept. 16)</b> 10:05 - 11:05 Kim
<b>Essential Reformer (PR)</b> 4:30 - 5:30 Monica	<b>New Beginner Reformer Level I (P) (Start by Sept 16)</b> 12:00 - 1:00 Monica	<b>NEW! Pilates Barre</b> 4:30-5:30 Crystal	<b>Pilates Mat</b> 5:15 - 6:15 Monica		<b>NEW! HIIT/TRX</b> 11:10 - 12:10 Crystal
<b>Essential+ Reformer (PR)</b> 5:30 - 6:30 Monica	<b>New Beginner Reformer Level I (P) (Start by Sept. 16)</b> 4:30-5:30 Erin	<b>Essential Reformer (PR)</b> 5:30 - 6:30 Monica	<b>Sculpt &amp; Tone Reformer (PR)</b> 5:30- 6:30 Sandi		<b>Essential Reformer (PR)</b> 11:20-12:20 Kim
<b>NEW! Wall Pilates</b> 6:40 - 7:40 Monica	<b>Sculpt &amp; Tone Reformer (PR)</b> 5:30 - 6:30 Erin	<b>New Beginner Reformer Level I (P) (Start by Sept 16)</b> 6:30 - 7:30 Monica			<b>NEW! Pilates Barre Stretch</b> 12:15-1:15 Crystal
	<b>Essential Reformer (PR)</b> 6:30 - 7:30 Erin				

### Membership Options

1 Year Monthly Membership \$139.00  
 3 Month+ Membership \$149.00 Monthly  
 Student 3 Month + Membership \$99 Monthly  
 Deluxe Annual Membership \$180 Monthly

**PR - Pre-requisite Required**  
**P - Progressive - Register by Sept. 16th** ★

## Pricing Options

### Class Packages

Yoga/Pilates Drop in Pass	\$18
3x Yoga/Pilates Drop in Package	\$52.50
6x Yoga/Pilates Drop in Package	\$102
12x Yoga/Pilates Drop in Package	\$192
One Month Unlimited Pass	\$169
Reformer Drop in Pass	\$20
3x Reformer Drop in Package	\$58.50
6x Reformer Drop in Package	\$114
12x Reformer Drop in Package	\$216
Student 12x Yoga/Pilates Drop in Package	\$168
Student Reformer Drop in Package	\$192
Student One Month Unlimited Pass	\$119

## Policies & Updates

Pre-registration for classes is recommended as space is limited and will be on a first come first serve basis. Please arrive approx. 10 minutes before the start of class. Those waitlisted will be let into class 5 minutes prior to ensure that they are in class before it begins. Late arrivals will not be permitted into class. Late cancellations (12 hours before class) and no shows for class will result in a loss of one class pass or charge to your account in the amount of a drop in. Classes with 2 or less students pre-registered will be cancelled one hour prior to the start of class and offered to join another class.

## Visit Us

8 - 105 Villa St.  
Thunder Bay, ON P7A 7W5

(807) 344-1628  
[bodymindcentre.com](http://bodymindcentre.com)

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