



# THE BODYMIND CENTRE

## Yoga Class Schedule April 28<sup>th</sup> - June 21<sup>st</sup> 2025

Power Week April 28<sup>th</sup> - May 3<sup>rd</sup> 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  |
|--|--|--|--|--|---|
| <b>Warm Hips &amp; Hammies</b><br>9:00 - 10:00<br>Fatima                     | <b>Hot Core Fusion</b><br>9:30 - 10:30<br>Monica         | <b>Hot Flow</b><br>9:30 - 10:30<br>Monica                              | <b>Hot HIIT Yoga Bootcamp</b><br>6:00 - 7:00<br>Lana       | <b>Warm Yin + Meditation</b><br>9:00 - 10:15<br>Angela   | <b>Kundalini Yoga</b><br>7:30 - 9:00<br>Erin            |
| <b>Gentle Yoga</b><br>10:00 - 11:30<br>Erin                                  | <b>55+ Fit for Life</b><br>9:30 - 10:30<br>Anne          | <b>Gentle Yoga</b><br>10:00 - 11:30<br>Erin                            | <b>55+ Fit for Life</b><br>9:30 - 10:30<br>Anne            | <b>Gentle Yoga</b><br>10:00 - 11:30<br>Erin              | <b>Hot Flow</b><br>9:00 - 10:00<br>Jackii               |
| <b>Warm Flow</b><br>10:05 - 11:05<br>Fatima                                  | <b>Gentle Flow Yoga</b><br>10:30 - 11:30<br>Irene        | <b>Hot Mat Pilates</b><br>10:40 - 11:40<br>Monica                      | <b>Hot Unlock your Hips</b><br>9:35 - 10:35<br>Monica      | <b>Hot Slow Flow</b><br>10:35 - 11:35<br>Monica          | <b>Warm Yin</b><br>10:05 - 11:05<br>Jackii              |
| <b>Hot Mat Pilates</b><br>11:15 - 12:15<br>Monica                            | <b>Warm Deep Stretch</b><br>10:35 - 11:35<br>Monica      | <b>Lunch Time Breathe &amp; Stretch</b><br>12:10-12:50<br>Fatima       | <b>Gentle Somatic Yoga</b><br>10:30 - 11:30<br>Angela      | <b>Hot Mat Pilates</b><br>5:00 - 6:00<br>Crystal         | <b>Hot HIIT Yoga Boot Camp</b><br>11:15 - 12:15<br>Lana |
| <b>Hot Sculpt &amp; Tone</b><br>4:00 - 5:00<br>Kim                           | <b>Ergonomic Yoga</b><br>12:00 - 12:50<br>Anne           | <b>Barre</b><br>4:00-5:00<br>Crystal                                   | <b>Hot Pilates Flow</b><br>10:35 - 11:35<br>Monica         | <b>Hot Flow</b><br>6:05 - 7:05<br>Georgia                | <b>Barre</b><br>11:00 - 12:00<br>Crystal                |
| <b>Gentle Vagal Yoga</b><br>Relax your nervous system<br>5:00 - 6:30<br>Erin | <b>Warm Hips &amp; Hammies</b><br>4:30 - 5:30<br>Kelly M | <b>Warm Yin/Flow Fusion</b><br>4:30 - 5:30<br>Fatima                   | <b>Ergonomic Yoga</b><br>12:00 - 12:50<br>Anne             | <b>Warm Yin</b><br>7:10 - 8:10<br>Georgia                | <b>Warm Chakra Yin</b><br>12:30 - 1:30<br>Fatima        |
| <b>Hot Flow</b><br>5:15 - 6:15<br>Jackii                                     | <b>Ashtanga Yoga</b><br>5:00 - 6:00<br>Jessie            | <b>Hot Flow</b><br>5:35- 6:35<br>Kim                                   | <b>Warm Hips &amp; Hammies</b><br>4:00-5:00<br>Erin        | <b>Community Yoga by donation</b><br>12:30- 1:30<br>Lana |   |
| <b>Warm Deep Stretch</b><br>6:25 - 7:25<br>Jackii                            | <b>Hot Sculpt &amp; Tone</b><br>5:30 - 6:30<br>Monica    | <b>Meditation</b><br>6:30-8:00<br>Potala Tibetan Centre<br>BY DONATION | <b>Hot Mat Pilates</b><br>5:00-6:00<br>Monica              |  |   |
| <b>Hot Candelit Flow</b><br>7:30-8:30<br>Georgia                             | <b>Warm Yin &amp; Yoga Nidra</b><br>6:45-7:45<br>Fatima  | <b>Restorative Yoga</b><br>6:15 - 7:30<br>Kelly M.                     | <b>Community Yoga by donation</b><br>5:30-6:30<br>Jennifer |  |   |
|  |  | <b>Warm Yin</b><br>6:45-7:45<br>Kim                                    | <b>Warm Flow</b><br>6:15-7:15<br>Georgia                   |  |   |
|  |  |  | <b>Yoga for Sleep</b><br>6:45-8:00<br>Fatima               |  |   |
|  |  |  | <b>Warm Candelit Yin</b><br>7:20 - 8:20<br>Georgia         |  |   |

### Upcoming Events!

#### MAY WELLNESS PASS

\$99 For unlimited Yoga for the month of May in support of Mental Health Awareness Month

Check out our upcoming Wellness Workshops at [bodymindcentre.com](http://bodymindcentre.com) in support of Mental Health Month

#### Power Week

June 23<sup>rd</sup> - June 28<sup>th</sup> Unlimited classes for only \$50





# THE BODYMIND CENTRE

## Pilates Reformer Schedule April 28<sup>th</sup> - June 21<sup>st</sup> 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>  |
|--|---|--|--|---|--|
| <b>Essential Reformer (PR)</b><br>9:00 - 10:00<br>Monica                   | <b>Essential Reformer (PR)</b><br>8:30-9:30<br>Sandi                                  | <b>Pilates Mat</b><br>9:00- 10:00<br>Sandi   | <b>Essential Reformer (PR)</b><br>830 - 9:30<br>Sandi                                  | <b>Essential Reformer (PR)</b><br>8:30 - 9:30<br>Monica                   | <b>Essential Reformer (PR)</b><br>9:15-10:15<br>All<br>Instructors                             |
| <b>Pilates Mat</b><br>9:00- 10:00<br>Crystal                               | <b>Essential Reformer (PR)</b><br>9:40 - 10:40<br>Sandi                               | <b>Essential Reformer (PR)</b><br>10:00 - 11:00<br>Sandi                           | <b>Essential Reformer (PR)</b><br>9:40 - 10:40<br>Sandi                                | <b>Pilates Mat</b><br>9:00 - 10:00<br>Fanny                               | <b>Pilates Mat</b><br>10:00 - 11:00<br>Crystal   |
| <b>Essential Reformer (PR)</b><br>10:00 - 11:00<br>Monica                  | <b>Essential Reformer (PR)</b><br>11:40 - 12:40<br>Monica                             | <b>Essential Reformer (PR)</b><br>12:00 - 1:00<br>Erin                             | <b>Essential Reformer (PR)</b><br>11:40 -12:40<br>Monica                               | <b>Essential Reformer (PR)</b><br>9:30 - 10:30<br>Monica                  | <b>Essential Reformer (PR)</b><br>10:15 - 11:15<br>All<br>Instructors                          |
| <b>Essential Reformer (PR)</b><br>12:00 - 1:00<br>Erin                     | <b>Beginner Reformer (P)</b><br><b>(Start by May 10th)</b><br>12:45 - 1:45<br>Monica  | <b>Barre</b><br>4:00-5:00<br>Crystal   | <b>Beginner Reformer (P)</b><br><b>(Start by May 10th)</b><br>12:45 - 1:45<br>Jeanette | <b>Gentle Reformer (PR)</b><br>12:00 - 1:00<br>Erin                       | <b>Barre</b><br>11:00 - 12:00<br>Crystal   |
| <b>Beginner Mat Pilates (By food donation)</b><br>1:30 - 2:15<br>Shae-lyne | <b>Essential Reformer (PR)</b><br>4:30 - 5:30<br>Monica                               | <b>Beginner Reformer (P)</b><br><b>(Start by May 10th)</b><br>4:30 - 5:30<br>Sandi | <b>Essential Reformer (PR)</b><br>4:00 - 5:00<br>Monica                                | <b>Lunch Time Mat Pilates</b><br>12:05 - 12:55<br>Monica                  | <b>Beginner Reformer (P)</b><br><b>(Start by May 10th)</b><br>11:15 - 12:15<br>All Instructors |
| <b>Essential Reformer (PR)</b><br>4:00 - 5:00<br>Monica                    | <b>Essential + Reformer (PR)</b><br>5:30 - 6:30<br>Jeanette                           | <b>Pilates HIIT</b><br>5:00 - 6:00<br>Crystal                                      | <b>Essential Reformer (PR)</b><br>5:15- 6:15<br>Erin                                   | <b>Pilates Reformer Basics (Open to newcomers)</b><br>1:00 - 2:00<br>Erin |           |
| <b>Essential+ Reformer (PR)</b><br>5:00 - 6:00<br>Monica                   | <b>Beginner Reformer (P)</b><br><b>(Start by May 10th)</b><br>6:35 - 7:35<br>Jeanette | <b>Essential Reformer (PR)</b><br>5:30 - 6:30<br>Sandi                             | <b>Beginner Reformer (P)</b><br><b>(Start by May 10th)</b><br>6:20- 7:20<br>Erin       | <b>Barre</b><br>4:00 - 5:00<br>Crystal                                    |  |
|  |   | <b>Beginner Reformer Level 2 (PR)</b><br>6:35 - 7:35<br>Sandi                      |  | <b>Hot Mat Pilates</b><br>5:00 - 6:00<br>Crystal                          |  |
|  |   |  |  |   |  |

★ **PR - PRE-REQUISITE REQUIRED**  
**P - PROGRESSIVE - MUST BEGIN BY MAY 10TH**

### 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](http://bodymindcentre.com)

all of you • one place

