

Class Schedule • Jan. 29 - June 24, 2018 (21 Weeks)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
New Time 6:00am HOT Yoga Flow 60min ☾	9:00am GTS/MOTR Toning Combo 45min ★	New Class 6:00am FUEL 60min ☾	6:30am GTS Precision Pilates 30min ★	6:00am HOT Yoga Flow 60min ☾	8:30am HOT Yoga Flow 60min ☾	9:00am Yin Yoga 60min ☾
6:30am GTS/MOTR Toning Combo 30min ★	NEW 12:00pm Strength Pilates 30min ✨	6:00am GTS Strength & Flow 45min ★	9:00am GTS Muscle Magic Strength Circuit 45min ★	9:00am Hatha Flow Yoga & Meditation 60min ☾	New Class 8:45am FUEL 60min ☾	
9:00am Thera Flow Yoga 60min ☾	12:15pm Yin Yoga 30min ✨	9:00am Yin Yoga 60min ☾	New Time 12:00pm Thera Flow Yoga 30min ✨	12:00pm Happy Cycle RealRyder® 30min ✨	9:45am HOT Hatha Yoga 60min ☾	Sky Class Pass ☾
11:30am TRX Dynamic 30min ★	12:30pm GTS Muscle Magic Strength Circuit 30min ★	New Time 12:00pm Happy Cycle RealRyder® 30min ✨	12:15pm Pilates Tone 360° 30min ✨	12:30pm Yin Yoga 30min ✨		Lunch Express Class Pass ✨
12:00pm HOT Hatha Yoga 30min ✨	4:30pm Pilates Tone 360° 45min ☾	12:15pm HOT Yoga Flow 30min ✨	12:30pm GTS Muscle Magic Strength & Cardio 30min ★	5:00pm Slow Sweet Yoga Flow 60min ☾	Workshop Series & Special Events see website for details	Group Training ★
12:15pm Happy Cycle RealRyder® 30min ✨	5:15pm GTS Muscle Magic Strength Circuit 30min ★	4:30pm GTS Muscle Magic Strength Circuit 45min ★	3:30pm GTS Precision Pilates 30min ★		 Studio Closures Feb. 19/18 Family Day Mar. 30/18 Good Friday Apr. 1/18 Easter Sunday May 21/18 Victoria Day
New Time 3:50pm GTS Muscle Magic Strength Circuit 30min ★	5:30pm Yin Yoga 60min ☾	4:30pm HOT Yoga Flow 55min ☾	4:30pm Yin Yoga 60min ☾			
4:30pm HOT Yoga Flow 55min ☾		5:30pm GTS Muscle Magic Strength Circuit 45min ★	New Class 4:30pm FUEL 60min ☾			
5:30pm GTS/MOTR Toning Combo 45min ★		5:30pm HOT Yoga Flow 60min ☾				
5:30pm HOT Yoga Flow 60min ☾		6:45pm HOT Yoga Flow 60min ☾				
6:30pm GTS Muscle Magic Strength Circuit 45min ★						
6:45pm HOT Yoga Flow 60min ☾						
8:00pm HOT Hatha Yoga 60min ☾						
<p>Buy your Pass • Come to Class (No pre-booking necessary)</p> <p>Unlimited Sky Pass Get unlimited access to all ☾ classes.</p> <p>Unlimited Combo Pass Get unlimited access to all ☾ & ✨ classes.</p> <p>Unlimited Lunch Express Pass Get unlimited access to all ✨ classes.</p> <p>One Class a Week Pass Get one class a week for ☾ or ✨ classes.</p> <p>Group Training Pass Special monthly rates for Training ★ (Limited Space)</p> <p>For pricing visit: www.mindfulmovements.ca/pricing.html</p>						

Group Training ★ (5 - 8 person max.)

Get Results 3x FASTER

Strength • Tone • Balance • Posture • Core • Mobility

The equipment used in these sessions is unique and suitable for any fitness level. Our trainers have a keen eye for proper alignment and movement mechanics so you can be sure you are getting top notch instruction.

SAVE 20% when you sign up for 2 or more sessions per wk!
Monthly Payment Option now available for Group Training

GTS Muscle Magic Strength & Cardio

This amazing class will build balanced strength & cardio throughout your entire body combining two amazing pieces of equipment. Enjoy the results from this personalized group training session.

GTS Precision Pilates

This class will help you to develop a deeper awareness of your body and how it moves. This class is limited to five people and the sessions will be completed on the Gravity Training Machine.

GTS & MOTR Toning Combo

This class will build balanced strength throughout your entire body combining two incredible pieces of equipment. You will enjoy the results from this group training session.

GTS Strength & Flow

This GTS strength and yoga flow combo is an amazing combination bringing you both optimal strength moves on the GTS machine followed by a yoga flow to move and stretch your entire body. Enjoy this beautiful collaboration.

TRX Dynamic

Add a little rhythm into your strength routine and you have "TRX Dynamic". This small group class benefits people of all fitness levels (pro athletes to seniors).

GTS Muscle Magic Strength Circuit

This amazing class will focus around MANY remarkable pieces of equipment! Improve strength, balance, core, endurance and flexibility All IN ONE CLASS. Here is your chance to try it out! All levels welcome!

FEEL a difference in 3 sessions • NOTICE a difference in 5
TRANSFORM your body in 10

Space is Limited - SIGN UP NOW

NEW Signature Class

FUEL

Fitness with our unique & special blend of
cycle • cardio • strength • posture • core • mobility • yoga

Unleash your potential for truly functional movement
and enjoy the freedom to feel your absolute best.

Energize every cell in your body holistically to balance
your energy moving in and out.

Lifestyle tips weekly to help you stay on track.

**Everything you've ever wanted
in a class and so much MORE...**

SIGN UP NOW!

Going to the County?

Belleville Passholders' Special - Any Group Class \$5 Cash
mindfulmovementsinthecounty.ca

If you are in the County why not drop in for a class?

Studio Etiquette

- Please remove all outdoor footwear.
- Please sign in for each class in the Gathering Area.
- Please remain in Gathering Area until class begins.
- Keep personal items to an absolute minimum in class.
- Please enter the yoga room quietly. No talking please.
- Please refrain from wearing heavy perfumes to class.



Sign Up for Mindful News
Receive a FREE Class

