

GROUP CLASSES

NOW BOOKING



MONTHLY - WEDNESDAYS

QIGONG

Wednesday March 5

5:15pm - 6:30pm

\$25 per class

MONTHLY - TUESDAYS

SOUND BATHING

Tuesday March 18

7:00pm - 8:00pm

\$35 per person

*MINIMUM of 10 participants
required to run the class*

WEEKLY - WEDNESDAYS

PRENATAL WORKOUTS

Wednesdays

7:00pm - 8:00pm

View availability &

Register online via

BARRIE.MIGHTYMOM.CA



REGISTER NOW!

As we are settling nicely into our new Clinic location, we're excited to be collaborating with some amazing women who are hosting group classes within our gym space.

Whether you are seeking physical, mental or spiritual support, we are here to guide you along the way.

QIGONG

Discover the ancient Chinese art of self-alchemy, transforming life's challenges into vitality and inner peace.

Benefits of Practicing Qigong:

Physical Health: Improves flexibility, balance, energy, circulation, and immunity while reducing pain.

Mental & Emotional Well-being: Relieves stress, enhances focus, and promotes emotional balance, transforms emotional lead into gold.

Spiritual Connection: Aligns energy, deepens self-awareness, and fosters inner peace.



SOUND BATHING

There is a long tradition in yoga of using sustained sounds to focus your mind and meditation. With a sound bath, the yogi uses a variety of instruments to infuse the room with vibrational sounds of specific tones and frequencies. The use of gongs, chimes, singing bowls, and tuning forks can be a powerful way to tap into more positive energies

This immersive experience can assist you to achieve a deeper meditation, reduce stressful feelings, increase inner peace, improve sleep and improve mood.

BRING A YOGA MAT & COZY

MIGHTY MOM TO-BE PRENATAL

Each class includes:

- 60 min workout including core breathing, warm up, full body workout, stretching, mobility and relaxation
- Workouts will include strength and labor training specifically designed for pregnancy
- Small class size to keep a low coach to client ratio
- Every coach is a prenatal fitness expert specially trained in the most updated training methods and techniques for pregnancy
- Workouts are suitable for ALL trimesters with appropriate modifications included in every class
- Classes designed to reduce core dysfunction like Diastasis Recti and Prolapse - recommended by pelvic floor physios

