

# Green Frog Yoga

821 S. Huron Rd, Suite C Green Bay, WI 54311  
920-883-8339

## Spring 2017 Schedule

### Monday

5:30 am	Power Vinyasa Yoga - All Levels (Heated)	Pam
8:30 am	SilverSneakers FLEX Yoga (Vinyasa Flow)	Traci
6:15 pm	AMPD Fusion (Kettlebells and Resistance)	Pam
7:30 pm	Restorative/Gentle Flow (Warm)	Pam

### Tuesday

5:30 am	AMPD Fusion (Kettlebells and Resistance)	Pam
8:30 am	SilverSneakers FLEX Yoga (Vinyasa Flow)	Pam
12:30 pm	Lunchtime Yoga Express (Not Heated)	Melanie
4:15 pm	Power Vinyasa Flow - All Levels (Heated)	Val

### Wednesday

5:30 am	Power Vinyasa Yoga - All Levels (Heated)	Pam
8:30 am	SilverSneakers FLEX Yoga (Vinyasa Flow)	Pam
4:30 pm	AMPD Fusion (Kettlebells and Resistance)	Pam
5:30 pm	Power Vinyasa Yoga - All Levels (Heated)	Pam

### Thursday

5:30 am	AMPD Fusion (Kettlebells and Resistance)	Pam
8:30 am	SilverSneakers FLEX Yoga (Vinyasa Flow)	Pam
12:30 pm	Lunchtime Yoga Express (Not Heated)	Traci
4:15 pm	Yoga Core & More	Val
5:30 pm	Vinyasa Flow Yoga - All Levels (Warm)	Tree

### Friday

5:30 am	Power Vinyasa Yoga - All Levels (Heated)	Pam
8:30 am	SilverSneakers FLEX Yoga (Vinyasa Flow)	Traci

### Saturday

8:30 am	Power Vinyasa Yoga - All Levels (Heated)	Pam
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### Sunday

6:00 pm	Restorative/Gentle Flow (Warm)	Pam
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**\*\*Heated** - 83-86 degrees <>>> **Warm** - 78-80 degrees <>>> **Not Heated** - 74-76 degrees\*\*  
To guarantee available equipment - online registration for Kettlebell Classes is encouraged.

Please check [www.greenfroggyoga.com](http://www.greenfroggyoga.com) or like our Facebook page for any schedule updates or changes.