

Green Frog Gazette

Mid-October 2017 Update

Issue 2, Mid-October 2017



Mala's and Meditation

Make your own 27 bead Mala bracelet and learn more about using your Mala bracelet as we start a 21 day Meditation Challenge.

Friday October 27th: 6:00 - 7:30 pm
Cost: \$36

Workshop led by Sarah and Pam.

Green Frog Yoga
931 S. Huron St., Suite C, Grand Rapids, MI 49503
909-939-9299

Fall 2017 Schedule
(check www.greenfrogyoga.com for any updates/schedule changes)

Monday	6:30 am	Power Vinyasa Yoga - All Levels (Hot)	Yoga
	8:30 am	SilverSneakers FLEX Yoga (Vinyasa Flow)	Yoga
	9:30 am	AMPP Vinyasa (Hot/Not Hot/Rest)	Yoga
	7:00 pm	Restorative/Gentle Flow (Warm)	Yoga
Tuesday	8:30 am	SilverSneakers FLEX Yoga (Vinyasa Flow)	Yoga
	10:30 am	Core Yoga Flow (Hot/Not Hot)	Meditation
	7:00 pm	Vinyasa Flow Yoga - All Levels (Hot/Not Hot)	Yoga
Wednesday	9:30 am	Power Vinyasa Yoga - All Levels (Hot)	Yoga
	8:30 am	SilverSneakers FLEX Yoga (Vinyasa Flow)	Yoga
	9:30 am	Power Vinyasa Yoga - All Levels (Warm)	Yoga
	7:00 pm	Restorative/Gentle Flow (Warm)	Meditation
Thursday	8:30 am	SilverSneakers FLEX Yoga (Vinyasa Flow)	Yoga
	10:30 am	Core Yoga Flow (Hot/Not Hot)	Yoga
	9:30 am	Vinyasa Flow Yoga - All Levels (Hot/Not Hot)	Yoga
Friday	8:30 am	Power Vinyasa Yoga - All Levels (Hot)	Yoga
	8:30 am	SilverSneakers FLEX Yoga (Vinyasa Flow)	Yoga
	10:30 am	Core Yoga Flow (Hot/Not Hot)	Yoga
	9:30 am	Vinyasa Flow Yoga - All Levels (Hot/Not Hot)	Yoga
Saturday	8:30 am	Power Vinyasa Yoga - All Levels (Hot)	Yoga
Sunday	10:00am	Vinyasa Flow Yoga - All Levels (Hot/Not Hot)	Restoration
	9:30 am	Restorative/Gentle Flow (Warm)	Yoga

Starting Tuesday Nov 7th the evening schedule will be:

4:00pm Core Yoga Flow with Lori (Please welcome Lori to our studio!!)

7:00pm Slow Flow with Ginny

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New To Green Frog Yoga Specials

- First Class of Studio is FREE
- New Student One Month Unlimited - \$45 (See students only - register at the studio)

Group Yoga and AMPP Classes

- Drop In - \$13
- 5 Class Package* - \$65
- 10 Class Package** - \$120
- 20 Class Package** - \$180

*Package expires 1 year after purchase, not valid for workshops.

Monthly Options for Group Classes*

Options**	Auto Deduct (w/CC)**	Cash Price (single month)
Unlimited**	\$175	\$185
3 Sessions/week**	\$65	\$75
10 Sessions/week**	\$195	\$205

* Packages are for basic group classes only, workshops are not included.
**Auto Deduct - 2-month commitment minimum, 30-day cancellation required.
***Monthly package credits expire 30 days after purchase and do not roll over.

6 month Unlimited Group Classes - \$375
3 month Unlimited Group Classes - \$200
3 month SS(8:30am M-F only) Unlimited - \$150

High School Students (Valid ID Required)

- HS Drop In - \$8
- HS 5 Class Package* - \$35
- HS 10 Class Package* - \$60

*Package expires 1 year after purchase.

Pricing Changes effective Nov 1, 2017

Starting Nov 1st we are updating the pricing at the studio - see attached image for updates. **This pricing will not affect any auto-deduct memberships that are current as of 10/31.**

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