



life • fitness • fun

Studio Scoop Week of January 7-15



CLIENT ANNOUNCEMENTS

New 12 Month Membership Option

Unlimited yoga & ZUMBA for only \$75/month!

Just stop at the desk to fill out a membership form or sign-up online.

January class time changes

- Christian Yoga's time is changing from 8:30 to 8:15 pm on Thursdays.
- Mindful Movement on Sundays is changing from 1:15 to 1pm
- Serenity is returning in February as Meditation 4 You. Day and time TBA

Hot Posture Workshop

Saturday, Jan. 21 from 1-2pm

Cost is \$20

Lola will offer a step-by-step journey through the hot postures for a solid understanding and safe expression of each pose.

30-Day Yoga Challenge

A personal challenge for you to choose your own 30 days and attend 25 yoga or zumba classes to receive a T-shirt and \$20 Y4Y gift card. Cost is \$30. Register online or at the studio.

FOR TEACHERS ONLY:

Jenn ... is out of town through January 9th. She is still monitoring the instructor emails, but will not be available to sub any classes.

NEW First Class \$5

First Class Free is not offered anymore, however some people may still come in thinking it is. We will continue to allow First Class FREE (*for a short time*) if it is requested, but please offer the FIRST CLASS \$5 option to new people. Mat rental is still free. (Choose the correct drop-down option in the retail screen when paying for the new client.)

30-Day Yoga Challenge 4 You

Now clients can choose their own 30 days to attend 25 yoga or zumba classes.

- 1) they register online (or in the retail screen) under Workshops - for \$30
- 2) they get a stamp card and fill-in their name and the start and end date
- 3) we enter their start and end date in their profile notes in MBO

That's it! When a challenger takes a class, they will ask you to stamp their card (the Y stamp and ink pad are on the desk).

Membership Sign-ups

The red folder on the desk has detailed instructions for signing a client up for 6 or 12 month **membership**.

Better 4 You:

January's Better 4 You product is **Sol-U-Mel**. There is a sign-up sheet on the RETAIL clipboard if clients would like to order anything.

Essential Oil of the Month:

January's Oil of the Month is TBD. There is a tester near the display. A price list and sign-up sheet is on the RETAIL clipboard if clients would like to order. **Some lavender and Christmas Spirit bottles are in little gold bags ready to sell for the prices listed on the order form.**

No Price Tag on a Product?

If you find an item with no barcode tag on it, check the inside back cover of the procedures booklet. There are barcodes you can scan for some items that have not been labeled. Those items include some of the mat bags, the essential oils and the non-scented eye pillows.

Opening & Closing Notes

- 1) **Tea:** Make sure there is water in the brew station on the frig and plug it in. Please unplug if you have the last class.
- 2) **Diffuser:** Please turn it on if you are the first one in. Turn off if you have the last class.
- 3) **Close the studio door** so the heat stays in the room.
- 4) **SALT:** If there is a lot of salt on the sidewalk near the door, please sweep it with the broom near the light switch.