

# 2024 OSYC EARLY FALL SCHEDULE



Please Book your Space Online; or get the SPACES APP for easy booking

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<p><u>9:00-10:00 am</u> Slow Flow Melissa <b>thru October 14</b></p> <p><u>9:30-10:30 am</u> Hatha Yoga Claire <b>starts October 21</b></p> <p><u>11 am-12:15 pm</u> Basics &amp; Beyond Iyengar Yoga Lauren</p> <p><u>12:30-1:30 pm</u> Gentle Beginning Iyengar Yoga Lauren</p>	<p><u>9:00-10:15 am</u> Intermediate Iyengar Yoga Lauren</p> <p><u>10:30 am- 12:00 pm</u> Yoga Therapeutics Class <b>(by appointment only)</b> Lauren</p>	<p><u>9:00 - 10:15 am</u> Stretch &amp; Strengthening Claire <b>Time changes on October 9th to:</b> <u>10:00 - 11:15 am</u></p> <p><u>6:00-7:15 pm</u> Forrest Yoga Lisa <b>Last Class Sept 18</b></p>	<p><u>9 am-10:15 pm</u> Yin Yoga Pam <b>thru Sept 19</b></p> <p><u>11 am-12:15 pm</u> Basics &amp; Beyond Iyengar Yoga Lauren</p>	<p><u>9:00-10:15 am</u> Flow with Rosie Rosie <b>thru October 4th</b></p> <p><u>10:30-11:45 am</u> Stretch &amp; Strengthening Claire <b>Time changes on October 11th to:</b> <u>10:00 - 11:15 am</u></p>	<p><u>9:00-10:30 am</u> Basics - Intermediate Iyengar Yoga Lauren</p>	<p><u>9:00-10:15 am</u> Meditation Hour (ZOOM ONLY) Ken</p>

## CLASS FEES

\$20 Single Class (Couples \$30)  
\$10 Active Military, 1st Responders,  
Full Time Students

## OSYC CLASS CARDS

\$120 - 10 Class Card (\$12)  
\$75 - 5 Class Card (\$15 )  
\$100 - Sr's. (60+) 10 Class Card (\$10)  
\$60 - Sr's (60+) 5 Class Card (\$12)  
\$125 -Month-to-Month Unlimited  
Yoga Therapeutics Class  
\$25 class; \$95/ 5 classes; \$175/10 classes

## PRIVATE YOGA SESSIONS (with Lauren)

\$110 Single Session  
\$270 3 Sessions

## PRIVATE MEDITATION SESSIONS (with Ken)

\$50 Single Session  
\$125 3 Sessions

(updated 240829)