

2025 OSYC SUMMER SCHEDULE



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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<p>9:00-10:15 am SLOW FLOW Melissa <i>Begins June 2</i></p>	<p>9:00-10:15 am IYENGAR YOGA Intermediate Lauren</p>	<p>9:00 - 10:15 am STRETCH & STRENGTHENING Claire <i>NEW TIME Begins May 7</i></p>	<p>9:00 - 10:15 am YIN YOGA Pam <i>Begins June 5</i></p>	<p>9:00 - 10:15 am STRETCH & STRENGTHENING Claire <i>NEW TIME Begins May 2</i></p>	<p>9:00-10:30 am IYENGAR YOGA All Levels Lauren</p>	<p>9:00-10:15 am MEDITATION HOUR (Zoom Only) Ken</p>
<p>11 am-12:15 pm IYENGAR YOGA Basics & Beyond Lauren</p>	<p>10:30 am- 12:00 pm YOGA THERAPEUTICS <i>(by appointment only)</i> Lauren</p>	<p>10:30-11:30 am CHAIR YOGA Rosie <i>Begins May 14</i></p>	<p>11 am 12:15pm IYENGAR YOGA Basics & Beyond Lauren</p>	<p>10:30-11:30 am DYNAMIC FLOW Maureen (Mo) <i>Begins June 6</i></p>	<p>IMPORTANT NOTE: CLASS CARDS ARE VALID THROUGH AUGUST 31, 2025. SO PLEASE PLAN ACCORDINGLY. NO REFUNDS!</p>	
			<p>6:00-7:15 pm MEDITATION In-Studio Class Ken <i>Begins May 8</i></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 250430)