

# 2024 OSYC SPRING - SUMMER SCHEDULE



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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<p><u>9:00-10:15 am</u> Slow Flow Melissa <i>Begins Jun 3</i></p>	<p><u>9:00-10:15 am</u> Intermediate Iyengar Yoga Lauren</p>	<p><u>7:30 - 8:30 am</u> Meditation &amp; Pranayama Ken <i>Begins June 5</i></p>	<p><u>9 am-10:15 pm</u> Yin Yoga Pam <i>Begins Jun 6</i></p>	<p><u>9:00-10:15 am</u> Flow with Rosie Rosie <i>Begins May 10</i></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>
<p><u>11 am-12:15 pm</u> Basics &amp; Beyond Iyengar Yoga Lauren</p>	<p><u>10:30 am- 12:00 pm</u> Yoga Therapeutics Class <i>(by appointment only)</i> Lauren</p>	<p><u>9:00 - 10:15 am</u> Stretch &amp; Strengthening Claire <i>New Time begins May 8</i></p>	<p><u>11 am-12:15 pm</u> Basics &amp; Beyond Iyengar Yoga Lauren</p>	<p><u>10:00-11:15 am</u> Stretch &amp; Strengthening Claire <i>New Time as of May 10</i></p>	<p><u>11:00-12:15 am</u> Hatha Yoga Claire <i>Begins Jun 1</i></p>	
<p><u>12:30-1:30 pm</u> Gentle Beginning Iyengar Yoga Lauren <i>May 13 - Aug 26</i></p>		<p><u>10:30-11:30 am</u> Pulse Yoga <i>(using hand weights in poses)</i> Maureen (Mo) <i>Begins May 8</i></p>		<p><u>10:30 - 11:45 am</u></p>		
		<p><u>6:00-7:15 pm</u> Forrest Yoga Lisa</p>		<p><u>12:00- 1:30 pm</u> Yoga Therapeutics Class <i>(by appointment only)</i> Lauren <i>Begins May 10</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 240329)