

2024 OSYC MID SUMMER SCHEDULE



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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<p><u>9:00-10:00 am</u> Slow Flow <i>Melissa</i></p>	<p><u>9:00-10:15 am</u> Intermediate Iyengar Yoga <i>Lauren</i></p>	<p><u>7:30 - 8:30 am</u> Meditation & Pranayama <i>Ken</i> <i>thru Aug 28</i></p>	<p><u>9 am-10:15 pm</u> Yin Yoga <i>Pam</i></p>	<p><u>9:00-10:15 am</u> Flow with Rosie <i>Rosie</i></p>	<p><u>9:00-10:30 am</u> Basics - Intermediate Iyengar Yoga <i>Lauren</i></p>	<p><u>9:00-10:15 am</u> Meditation Hour (ZOOM ONLY) <i>Ken</i></p>
<p><u>11 am-12:15 pm</u> Basics & Beyond Iyengar Yoga <i>Lauren</i></p>	<p><u>10:30 am- 12:00 pm</u> Yoga Therapeutics Class <i>(by appointment only)</i> <i>Lauren</i></p>	<p><u>9:00 - 10:15 am</u> Stretch & Strengthening <i>Claire</i></p>	<p><u>11 am-12:15 pm</u> Basics & Beyond Iyengar Yoga <i>Lauren</i></p>	<p><u>10:00-11:15 am</u> Stretch & Strengthening <i>Claire</i> <i>10:30 - 11:45 am</i></p>	<p><u>11:00-12:15 am</u> Hatha Yoga <i>Claire</i></p>	
<p><u>12:30-1:30 pm</u> Gentle Beginning Iyengar Yoga <i>Lauren</i></p>		<p><u>10:30-11:30 am</u> Pulse Yoga (<i>using hand weights in poses</i>) <i>Maureen (Mo)</i></p>				
		<p><u>6:00-7:15 pm</u> Forrest Yoga <i>Lisa</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 240701)