

# 2025 OSYC SCHEDULE Spring/Summer



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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<u>9:00-10:15 am</u> <b>Slow Flow</b> Melissa <i>Begins June 2</i>	<u>9:00-10:15 am</u> <b>Iyengar Yoga</b> <b>Intermediate</b> Lauren	<u>9:00 - 10:15 am</u> <b>Stretch &amp; Strengthening</b> Claire <i>NEW TIME Begins May 7</i>	<u>9:00 - 10:15 am</u> <b>Yin Yoga</b> Pam <i>Begins June 5</i>	<u>9:00 - 10:15 am</u> <b>Stretch &amp; Strengthening</b> Claire <i>NEW TIME Begins May 2</i>	<u>9:00-10:30 am</u> <b>Iyengar Yoga</b> <b>All Levels</b> Lauren	<u>9:00-10:15 am</u> <b>Meditation Hour</b> (Zoom Only) Ken
<u>11 am-12:15 pm</u> <b>Iyengar Yoga</b> <b>Basics &amp; Beyond</b> Lauren	<u>10:30 am- 12:00 pm</u> <b>Yoga Therapeutics Class</b> <i>(by appointment only)</i> Lauren	<u>10:30-11:30 am</u> <b>Chair Yoga</b> Rosie <i>Begins May 14</i>	<u>11 am 12:15pm</u> <b>Iyengar Yoga</b> <b>Basics &amp; Beyond</b> Lauren	<u>10:30-11:30 am</u> <b>Dynamic Flow</b> <b>Yoga</b> Maureen (Mo) <i>Begins May 2</i>	<div>                     Please check our website for                      special classes or events  <a href="http://www.openspacesyoga.com">www.openspacesyoga.com</a> </div>	
			<u>6:00-7:15 pm</u> <b>Meditation</b> In-Studio Class Ken <i>Begins May 8</i>			

## 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 250412)