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
9:00-10:15 am	9:00-10:15 am	<u>9:00 - 10:15 am</u>	<u>9 am-10:15 pm</u>	<u>9:00-10:15 am</u>	9:00-10:30 am	<u>9:00-10:15 am</u>
Slow Flow	Intermediate	Stretch &	Yin Yoga	Flow with Rosie	Basics - Intermediate	Meditation Hour
Melissa	Iyengar Yoga	Strengthening Class	Pam	Rosie	lyengar Yoga	(ZOOM ONLY)
Begins Jun 3	Lauren	Claire	Begins Jun 6	Begins May 10	Lauren	Ken
		New Time begins May 8				
<u>11 am-12:15 pm</u>	<u>10:30 am- 12:00 pm</u>	10:30-11:30 am	<u>11 am-12:15 pm</u>	10:00-11:15 am	11:00-12:15 am	
Basics & Beyond	Yoga Therapeutics Class		Basics & Beyond	Stretch &	Hatha Yoga	
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Iyengar Yoga	(by appointment only)	hand weights in poses)	Iyengar Yoga	Strengthening Class	Claire	
Lauren	Lauren	Maureen (Mo)	Lauren	Claire	Begins Jun 1	
		Begins May 8				
				Stretch & Strengthening		
12:30-1:30 pm				New Time as of May 10		
Gentle Beginning				10:30 - 11:45 am		
Iyengar Yoga		<u>6:00-7:15 pm</u>				
Lauren		Forrest Yoga				
May 13 - Aug 26		Lisa				

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 for 5 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)