

2025 OSYC SCHEDULE August onward



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> SLOW FLOW <i>Melissa</i> <i>Ends Sept 29</i>	<u>9:00-10:15 am</u> IYENGAR YOGA Intermediate <i>Lauren</i>	<u>9:00 - 10:15 am</u> STRETCH & STRENGTHENING <i>Claire</i>		<u>9:00 - 10:15 am</u> STRETCH & STRENGTHENING <i>Claire</i>	<u>9:00-10:30 am</u> IYENGAR YOGA All Levels <i>Lauren</i>	<u>9:00-10:15 am</u> MEDITATION HOUR <i>(Limited-Zoom Only)</i> <i>Ken</i>
<u>11 am-12:15 pm</u> IYENGAR YOGA Basics & Beyond <i>Lauren</i>	<u>10:30 am- 12:00 pm</u> YOGA THERAPEUTICS <i>(by appointment only)</i> <i>Lauren</i>		<u>11 am 12:15pm</u> IYENGAR YOGA Basics & Beyond <i>Lauren</i>			
		<u>6:00 - 7:00 pm</u> FORREST YOGA in the Evening <i>Lisa</i>	<u>6:00-7:15 pm</u> CALM MEDITATION In-Studio Class <i>Ken</i> <i>Ends Aug 28</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 250729)