

AUGUST 2026

OMBODY MASSAGE AND WELLNESS 724.320.9386



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	31	1	2
9am - Morning Yoga (James)		9am - Morning Yoga (James)	10am - Chair Yoga @SPLC (Erica)		8am - Stretch & Flow Yoga @S.U. Sports Complex (Erica) 9am - Power Flow (Alexa)	
3	4	5	6	7	8	9
10am - Morning Yoga (James)		10am - Morning Yoga (James)	10am - Chair Yoga @SPLC (Erica)		9am - Power Flow (Alexa)	
10	11	12	13	14	15	16
10am - Morning Yoga (James)		10am - Morning Yoga (James)		6pm - Restorative Yoga & Sound Bath (Leann)	9am - Power Flow (Alexa)	
17	18	19	20	21	22	23
10am - Morning Yoga (James)	5:30pm - Pop-up Barre/Pilates (Tara)	10am - Morning Yoga (James)		6pm - Full Moon Meditation (Leann)	9am - Power Flow (Alexa)	
24	25	26	27	28	29	30
10am - Morning Yoga (James)		10am - Morning Yoga (James)	10am - Chair Yoga @SPLC (Erica)	6pm - Restorative Yoga & Sound Bath (Leann)	8am - Stretch & Flow Yoga @S.U. Sports Complex (Erica) 9am - Power Flow (Alexa)	

FIND CLASS AND EVENT DESCRIPTIONS AT
OMBODYMASSAGEANDWELLNESS.COM.

PLEASE PRE-REGISTER FOR ALL CLASSES AND WORKSHOPS AT
OMBODYMASSAGEANDWELLNESS.COM OR CALL 724.320.9386.