

JULY 2026

OMBODY MASSAGE AND WELLNESS 724.320.9386



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

**FIND CLASS AND EVENT DESCRIPTIONS AT OMBODYMASSAGEANDWELLNESS.COM.
PLEASE PRE-REGISTER FOR ALL CLASSES AND WORKSHOPS AT OMBODYMASSAGEANDWELLNESS.COM OR CALL 724.320.9386.**