

MAY 2026

OMBODY MASSAGE AND WELLNESS 724.320.9386



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	1	2	3
					8am - Stretch & Flow Yoga @S.U. Sports Complex (Erica) 9:30am - Release & Reset Yoga (Alexa)	
4	5	6	7	8	9	10
5:15pm - Barre (Tara)			10am - Chair Yoga @SPLC (Erica)		9:30am - Release & Reset Yoga (Alexa)	Happy MOTHER'S DAY
11	12	13	14	15	16	17
		6pm - Guided Meditation (Crystal)	9am - Yoga & Mobility Flow (Erica)			
18	19	20	21	22	23	24
5:15pm - Barre (Tara)			10am - Chair Yoga @SPLC (Erica)		8am - Stretch & Flow Yoga @S.U. Sports Complex (Erica) 9:30am - Release & Reset Yoga (Alexa)	
25	26	27	28	29	30	31
			9am - Yoga & Mobility Flow (Erica)		9:30am - Release & Reset Yoga (Alexa)	

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

MAY CLASSES AND EVENTS

Please pre-register for all events and workshops to secure your spot. You can register on our website at ombodysmassageandwellness.com or call 724.320.9386. Not sure if a workshop or event is for you? We are happy to get you connected with the workshop / event host to answer any questions for you!

STRETCH & FLOW COMMUNITY YOGA DONATION CLASS - Saturday, May 2nd & 23rd at 8am

*45-minute, well-rounded stretch & flow class - practice mat-based postures for flexibility, strength, balance & coordination, with closing guided relaxation. Bring your own mat (limited mats available). Walk-ins welcome. Door opens at 7:45am. Suggested donation \$10. **Class location:** South Union Indoor Sports Complex, 333 S. Pennsylvania Ave, Uniontown, PA.*

RELEASE & RESET YOGA - Saturdays in May at 9:30am (no class May 16th)

Use gentle movement and breath to help release stored stress, calm your system, and bring yourself back to a place of safety and connection within. Pre-registration required - register at event link: <https://square.link/u/lV2PfkMq>. Fee: \$15

BARRE CLASS - Mondays, May 4th & 18th at 5:15pm

Barre is an exciting and dynamic workout, inspired by ballet movements, Pilates, yoga, and strength training. Barre classes help improve balance, flexibility, stamina, postural awareness, strength, and confidence. Modifications and variations are offered for all levels of fitness, from beginners to the most experienced clients. Pre-registration recommended. Fee: \$15

CHAIR YOGA FOR EVERYONE - Thursdays, May 7th & 21st at 10:00am

Join us for this fun, accessible practice for all levels of practitioner. Practice a 45-minute chair yoga class to mobilize all the major joints in the body, gently tone and stretch the muscles and center your mind. Fee: \$15 at door (\$12 for yogis 65+)

Class location: St. Peter's Lutheran Church, 121 Walnut Hill Road, Uniontown, PA.

GUIDED MEDITATION - Wednesday, May 13th at 6:00pm

Join Crystal for a guided meditation with a special theme for the month. All are welcome! Please pre-register. Fee: \$15

YOGA & MOBILITY FLOW - Thursdays, May 14th & 28th at 9:00am

Join us for a well-rounded yoga mat practice focusing on flexibility, strength, body awareness & coordination. Movements include simple, effective postures to get the energy flowing, practices to strengthen the muscles around the major joints in the body, breathing practices to energize & balance the nervous system, as well as a finishing guided relaxation.

Whether you're seeking a general lifelong movement practice, a practice for a recovery day between workouts, or a rejuvenating practice for mind and body, we've got you covered in this class! Please pre-register. Fee: \$15