

AUGUST 2025

OMBODY MASSAGE AND WELLNESS 724.320.9386



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	1	2	3
				9am - Friday Flow (James) 6-9pm - SUMMER SELF-CARE SOIREE	8am - Community Yoga (see reverse side)	
4	5 11:30am - Chair Yoga (Erica) 6pm - Gentle Yoga (Amy)	6	7 6pm - Vinyasa Flow (Amy)	8 9am - Friday Flow (James)	9 9:15am - Hatha Vinyasa w/ Weights (Erica)(\$20)	10
11	12 6pm - Gentle Yoga (Amy)	13	14 6pm - Vinyasa Flow (Amy)	15 9am - Friday Flow (James) 5:30pm - Restorative Yoga (Leann)	16	17
18 5:15pm - Barre (Tara)	19 6pm - Gentle Yoga (Amy)	20	21 6pm - Vinyasa Flow (Amy)	22 9am - Friday Flow (James)	23	24
25	26	27	28	29	30	31
5:15pm - Barre (Tara)	6pm - Gentle Yoga (Amy)		6pm - Vinyasa Flow (Amy)		8am - Community Yoga (see reverse side)	

ALL CLASSES \$15 UNLESS OTHERWISE NOTED. SEE REVERSE SIDE FOR SPECIAL CLASSES AND EVENTS.

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

AUGUST WORKSHOPS 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!

SUMMER SELF-CARE SOIREE - August 1st beginning at 6:00pm

These evenings of Self-care and Fun Activities are our way of helping to build a Healthy, Happy Community and Show off our Skills and Studio! August's Lineup is Packed with Sample classes, Chair Massage, Thai Massage, Tuk Sen Reflexology, Tarot Readings, Permanent Jewelry, Sound Therapy, Information, and merchandise from local vendors and more!!! Plus Raffles, Prizes, Snacks, and a Complimentary Glass of wine (for those 21 and older, of course). Grab your Friends and Family Members! Co-workers and Cousins! Share a fun Evening of Wellness and Self-care!

CHAIR YOGA FOR EVERYONE - Tuesday, August 5th at 11:30am

Join us for this fun, accessible practice for all levels of practitioner. You'll practice a 45-minute chair yoga class appropriate for all experience levels of yoga (or no experience at all!). You'll mobilize all the major joints in the body, gently tone and stretch the muscles and finish with a guided relaxation to center your mind. Class fee: \$15 at door (\$12 for yogis 65+) Class location: St. Peter's Lutheran Church, 121 Walnut Hill Road, Uniontown, PA.

HATHA VINYASA W/ WEIGHTS - Saturday, August 9th at 9:15am

This class is for experienced yogis seeking a bit of creativity in their practice! Combine the intelligent sequencing of Hatha Yoga with the flowing movements of Vinyasa ... and add light weights (optional) for a bit o' challenge. This class is a mix of holding classical postures to build strength and flowing through postures to enhance mobility and balance. Note: This class has an OPTION to use 1 - 5-pound weights intermittently through class. Less is more -- you'll be amazed at how 1-pound weights affect a yoga posture! To maximize safety & minimize joint issues, no more than 5-pound weights will be used in class. Class Fee: \$20. Limited to 12 registered participants.

COMMUNITY YOGA - STRETCH & FLOW - Saturdays, August 2nd & 30th at 8:00am

45-minute, well-rounded stretch & flow class in partnership with South Union Rec Center & the Uniontown Farmers' Market. Practice mat-based postures for flexibility, strength, balance & coordination, with closing guided relaxation. Bring your own mat (limited mats available). After practice, catch the opening bell (& best selection) of the Uniontown Farmers' Market at Bailey Park! Walk-ins welcome. Door opens at 7:45am. Suggested donation \$10. Class location: South Union Rec Center, 333 Pennsylvania Ave, Uniontown, PA.

SEPTEMBER 2025

OMBODY MASSAGE AND WELLNESS 724.320.9386



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
		6pm - Mind, Body, Belly Dance (Drea)	10am - Chair Yoga (Erica)	6pm - Power Yoga (Alexa)	8am - Community Yoga w/ Erica (see reverse side)	
8	9	10	11	12	13	14
5:15pm - Barre (Tara)	6pm - Gentle Yoga (Amy)	6pm - Mind, Body, Belly Dance (Drea)	6pm - Vinyasa Flow (Amy)	6pm - Power Yoga (Alexa)	9:15am - Hatha Vinyasa w/ Weights (Erica)(\$20)	
15	16	17	18	19	20	21
5:15pm - Barre (Tara)	6pm - Gentle Yoga (Amy)	6pm - Mind, Body, Belly Dance (Drea) 7:30pm - Guided Meditation - Law of Attraction (Crystal)	10am - Chair Yoga (Erica) 6pm - Vinyasa Flow (Amy)	7pm - Week 1 Philosophy & Magick of Wicca (Denise)	8am - Community Yoga w/ Erica (see reverse side)	10am - Yoga & Mimosa w/ Alexa
22	23	24	25	26	27	28
5:15pm - Barre (Tara)	6pm - Gentle Yoga (Amy)	6pm - Mind, Body, Belly Dance (Drea)	6pm - Vinyasa Flow (Amy)	7pm - Week 2 Philosophy & Magick of Wicca (Denise)		
29	30	1	2	3	4	5
	6pm - Gentle Yoga (Amy)		6pm - Vinyasa Flow (Amy)	7pm - Week 3 Philosophy & Magick of Wicca (Denise)		

ALL CLASSES \$15 UNLESS OTHERWISE NOTED. SEE REVERSE SIDE FOR SPECIAL CLASSES AND EVENTS.

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

SEPTEMBER WORKSHOPS 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!

MIND, BODY, BELLY DANCE - Wednesdays, September 3rd, 10th, 17th and 24th at 6:00pm

Join us for this introductory class! Taught by Andrea Kremposky, you'll explore a signature method combining belly dance, somatic exercises and energy work. No experience necessary! Classes are low-impact and beginner-friendly. Come with an open mind and fun-loving heart. Pre-registration required. Early Bird Registration (before 8/31): \$60. After 8/31: \$70

CHAIR YOGA FOR EVERYONE - Thursdays, September 4th & 18th at 10:00am

Join us for this fun, accessible practice for all levels of practitioner. You'll practice a 45-minute chair yoga class appropriate for all experience levels of yoga (or no experience at all!). You'll mobilize all the major joints in the body, gently tone and stretch the muscles and finish with a guided relaxation to center your mind. Class fee: \$15 at door (\$12 for yogis 65+) Class location: St. Peter's Lutheran Church, 121 Walnut Hill Road, Uniontown, PA.

HATHA VINYASA W/ WEIGHTS - Saturday, September 13th at 9:15am

This class is for experienced yogis seeking a bit of creativity in their practice! This class is a mix of holding classical postures to build strength and flowing through postures to enhance mobility and balance. Note: This class has an OPTION to use 1 - 5-pound weights intermittently through class. Less is more -- you'll be amazed at how 1-pound weights affect a yoga posture! To minimize joint issues, no more than 5-pound weights will be used in class. Class Fee: \$20. Pre-registration required. Limited to 12 registered participants.

COMMUNITY YOGA - STRETCH & FLOW - Saturdays, September 6th & 20th at 8:00am

45-minute, well-rounded stretch & flow class in partnership with South Union Rec Center & the Uniontown Farmers' Market. Practice mat-based postures for flexibility, strength, balance & coordination, with closing guided relaxation. Bring your own mat (limited mats available). After practice, catch the opening bell (& best selection) of the Uniontown Farmers' Market at Bailey Park! Walk-ins welcome. Door opens at 7:45am. Suggested donation \$10. Class location: South Union Rec Center, 333 Pennsylvania Ave, Uniontown, PA.

GUIDED MEDITATION - Law of Attraction - Wednesday, September 17th at 7:30pm

Join Crystal for a mid-week meditation designed to foster knowledge and experience with the concept of the Law of Attraction. All are welcome, no meditation experience necessary!

YOGA & MIMOSA - Sunday, September 21st 10am - 12pm

Join Alexa on Sunday morning for a mimosa followed by a power yoga class. Step into your power on & off the mat. Celebrate connection! Pre-registration required, over 21. Limited spots available. \$20