

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. CLASS FEE PAID DIRECTLY TO INSTRUCTOR. 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 ombodmassageandwellness.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