

SEPTEMBER 2026

OMBODY MASSAGE AND WELLNESS 724.320.9386



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	1	2	3	4	5	6
		10am - Morning Yoga (James)	10am - Chair Yoga @SPLC (Erica)		9am - Hatha Vinyasa w/ Weights (Erica)	
7	8	9	10	11	12	13
10am- Morning Yoga (James)		10am - Morning Yoga (James) 5:15pm - Hatha Yoga - Core Strength (Erica)	9am - Yoga & Mobility Flow (Erica)		8am - Stretch & Flow Yoga @S.U. Sports Complex (Erica)	
14	15	16	17	18	19	20
10am - Morning Yoga (James)		10am - Morning Yoga (James)	10am - Chair Yoga @SPLC (Erica)		9am - Power Flow (Alexa)	
21	22	23	24	25	26	27
10am - Morning Yoga (James)		10am - Morning Yoga (James) 5:15pm - Barre (Tara)	9am - Yoga & Mobility Flow (Erica)		8am - Stretch & Flow Yoga @S.U. Sports Complex (Erica) 9am - Power Flow (Alexa)	
28	29	30	1	2	3	4
10am - Morning Yoga (James)		10am - Morning Yoga (James) 5:15pm - Barre (Tara)	10am - Chair Yoga @SPLC (Erica)			

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.