

FEBRUARY 2026

OMBODY MASSAGE AND WELLNESS 724.320.9386



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29	30	31	1
2	3	4	5 10am - Chair Yoga (Erica)	6	7	8
5:15pm - Barre (Tara)						
9	10	11	12 9am - Yoga & Mobility Flow (Erica)	13	14 9:30am - Restorative Yoga Flow & Tea Meditation (\$20) (Erica)	15 9:30am - Sunday Serenity - Yoga Flow & Nidra (Erica)
5:15pm - Barre (Tara)		7pm - Couples' YOMA (Leann / Lonna)				
16	17	18	19 10am - Chair Yoga (Erica)	20	21 8am - Stretch & Flow Community Yoga - Donation-based (Erica) 10am - Galentine's Yoga & Mimosa (\$20) (Alexa)	22
5:15pm - Barre (Tara)						
23	24	25	26 9am - Yoga & Mobility Flow (Erica)	27	28 9:30am - Yoga Flow for Core Strength (Erica)	1

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