

# JANUARY 2026

## OMBODY MASSAGE AND WELLNESS 724.320.9386



| MONDAY                | TUESDAY                 | WEDNESDAY                                      | THURSDAY                           | FRIDAY | SATURDAY                                                            | SUNDAY                                               |
|-----------------------|-------------------------|------------------------------------------------|------------------------------------|--------|---------------------------------------------------------------------|------------------------------------------------------|
| 29                    | 30                      | 31                                             | 1                                  | 2      | 3                                                                   | 4                                                    |
| 5                     | 6                       | 7                                              | 8                                  | 9      | 10                                                                  | 11                                                   |
|                       | 5pm - Gentle Yoga (Amy) |                                                | 10am - Chair Yoga (Erica)          |        | 9:30am - Hatha Vinyasa w/ Weights (\$20) (Erica)                    |                                                      |
| 12                    | 13                      | 14                                             | 15                                 | 16     | 17                                                                  | 18                                                   |
|                       | 5pm - Gentle Yoga (Amy) | 5:30pm - Restorative Yoga & Sound Bath (Leann) | 9am - Yoga & Mobility Flow (Erica) |        | 8am - Community Yoga (Erica)<br>10am - Yoga & Mimosa (\$20) (Alexa) | 9:30am - Sunday Serenity - Yoga Flow & Nidra (Erica) |
| 19                    | 20                      | 21                                             | 22                                 | 23     | 24                                                                  | 25                                                   |
| 5:15pm - Barre (Tara) | 5pm - Gentle Yoga (Amy) |                                                | 10am - Chair Yoga (Erica)          |        | 9:30am - Yoga Flow for Core Strength (Erica)                        |                                                      |
| 26                    | 27                      | 28                                             | 29                                 | 30     | 31                                                                  | 1                                                    |
| 5:15pm - Barre (Tara) | 5pm - Gentle Yoga (Amy) |                                                | 9am - Yoga & Mobility Flow (Erica) |        |                                                                     |                                                      |

PLEASE PRE-REGISTER FOR ALL CLASSES AND WORKSHOPS AT  
[OMBODYMASSAGEANDWELLNESS.COM](http://OMBODYMASSAGEANDWELLNESS.COM) OR CALL 724.320.9386.