

December



CONNECT WITH THE WELLCOME OM CENTER

352.600.4242

wellcomeomcenter.com

4242 Lake in the Woods Dr. Spring Hill, FL

*Must pre-register. Workshop fees apply.



MON 02 Free Seminar: Skin Talk By Honey Beauty Spa & Wellness w/ Gab Rose
11:00-12:00pm
An informational session discussing Winter Skincare Tips.

TUES 03 Intro to Latin Dance w/ Carmen*
5:45-6:45pm
No partner necessary and all skill levels are welcome! We will meet in the **AuratoriOM**.

WED 04 Empowered Book Club w/ Diane (4 of 6)*
11:30-12:30pm

THU 05 Astrolo Tea w/ Craig*
12:00-1:15pm
The Love Planet: Venus in the birthchart describes our values, love, beauty, harmony, attraction, relationships and aesthetics.
Free Seminar: Embracing Autumn w/ Diane
5:30-6:30pm
Join us for a talk that will unveil a treasure trove of unique and meaningful gifts from our amazing Conscious Market.

SAT 07 Plant Powered Prevention: Explore The Benefits of Hemp + Functional Mushrooms
11:30-12:30pm
Join Nurses With A Mission for an interactive free discussion on balancing your body and your mind for the holidays.

TUE 10 Dance, Tone + Sculpt Pop Up w/ Donna*
10:15-11:15am
We'll focus on sculpting with light weights and floor work, targeting your core and toning your entire body. Perfect for all fitness levels!
Garden to Glass: Learn How to Can Your Own Salsa*
2:00-3:00pm
Join us for a hands-on canning workshop with Jess, where you'll learn all about making and preserving delicious salsa – sweet or spicy, it's up to you!

WED 11 Empowered Book Club w/ Diane (5 of 6)*
11:30-12:30pm

THU 12 Dance, Tone + Sculpt Pop Up w/ Donna*
10:15-11:15am
We'll focus on sculpting with light weights and floor work, targeting your core and toning your entire body. Perfect for all fitness levels!

SAT 14 Dance, Tone + Sculpt Pop Up w/ Donna*
9:00-10:00am
We'll focus on sculpting with light weights and floor work, targeting your core and toning your entire body. Perfect for all fitness levels!



TUE 17 The Hummus Food Truck
10:00-2:00pm
Multiple Vegan and Gluten free options. Home made from scratch with flavors that you will not forget! thehummustruck.com



WED 18 Empowered Book Club w/ Diane (6 of 6)*
11:30-12:30pm

THU 19 Astrolo Tea w/ Craig*
12:00-1:15pm
Your Inner Warrior: Mars in the birthchart describes how we take actions - our desire, energy, and assertiveness.

Candlelight Concert: The Nutcracker*

6:00-7:00pm
Immerse yourself in the beautiful melodies of your favorite Holiday music, performed by a talented string quartet under the warm glow of candlelight. Tickets: candlelightexperience.com

Candlelight Concert: The Nutcracker*
8:30-9:30pm

FRI 20 Winter Solstice QiGong Pop Up w/ Paula*
3:00-4:00pm
Celebrate the arrival of Winter and the rise of Yin energy for renewal, growth, and transformation with a Water Element QiGong session.

SAT 21 Plant Powered Prevention: Explore The Benefits of Hemp + Functional Mushrooms
11:30-12:30pm
Join Nurses With A Mission for an interactive free discussion on elevating your wellness in the New Year.

TUES 24 Christmas Eve
Open 9-5

WED 25 Merry Christmas
Closed

THU 26 The Day After Christmas
Open 9-7

TUES 31 New Years Eve
Open 9-5

NYE Masquerade Ball*

8:30-12:30am
Ring in the New Year in style at our glamorous Masquerade Ball! Enjoy an evening of fine dining, dancing, and live entertainment. Don your most elegant mask and attire for a night of mystery and intrigue.



HOLIDAY OFFER

For every \$100 in Gift Certificates purchased, Get \$10!



OM Movement Studio Schedule

*Classes subject to change
**Closed on major holidays

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00			Chair Yoga Helena	Hatha Yoga Darrell		
10:00						Nia® Gail
10:15	Yogalates Elaine	Nia® Gail	HeartMath Meditation Diane	NIA® Gail	Strength/Mobility Yoga Darrell	
11:30		Tai Chi Paula	Tai Chi Steve			
12:45		Heart Wave and Flow Diane		Chair Yoga Bettina		
2:15	Chair Yoga Vickie					
3:30			Belly Dance Jayne			
6:00	Hatha Yoga Donna	Flow Yoga Tracy	Pilates Donna			
6:30				Restorative Yoga Vickie		

December Pop Ups
 10th, 10:15AM: Dance, Tone + Sculpt
 12th, 10:15AM: Dance, Tone + Sculpt
 14th, 9AM: Dance, Tone + Sculpt

Please join our Facebook Group
 "OM Studio Motivation Group"

First Class \$5
*New Students

2wk unlimited \$25
*New Students

MEMBERSHIP \$59
Unlimited Classes
(Monthly auto pay)

Pack of 5 - \$60/\$12 per class
Pack of 10 - \$100/\$10 per class
Pack of 15 - \$135/\$9 per class
DROP-IN - \$15



NEW YEAR'S EVE MASQUERADE BALL

Date: December 31st
Time: 8:30 PM - 12:30 AM
Location: The Venue at OM
4260 Lake in the Woods Dr. Spring Hill