

# Festival

CONNECT WITH THE WELLCOME OM CENTER

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# OM Movement Studio Schedule

\*Classes subject to change  
\*\*Closed on major holidays

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00	<b>Yoga Basics</b> Helena	<b>Tone+Sculpt</b> Donna	<b>Chair Yoga</b> Helena	<b>Hatha Yoga</b> Darrell	<b>Zumba (All Levels)</b> Lindsay	
10:00						<b>Nia®</b> Gail
10:15	<b>Classical Pilates</b> Elaine	<b>Nia®</b> Gail		<b>NIA®</b> Gail	<b>Strength/Mobility Yoga</b> Darrell	
11:30		<b>Tai Chi</b> Paula	<b>Tai Chi</b> Steve			
12:45				<b>Sculpt Chair Yoga</b> Helena		
1:00		<b>Chakra Sound Bowls</b> Deb				
3:00	<b>Nia® in the Chair</b> Gail					
3:30			<b>Belly Dance</b> Jayne			
6:00	<b>Hatha Yoga</b> Donna	<b>Latin Dance</b> Carmen	<b>Basic Yoga</b> Donna	<b>Zumba (All Levels)</b> Lindsay		

## FEBRUARY POP UP CLASSES

Fri 2/20, 5:30 pm: Tai Chi w/ Paula

Please join our Facebook Group "OM Studio Motivation Group" to receive the latest updates

**Pack of 5 - \$60/\$12 per class**

**Pack of 10 - \$100/\$10 per class**

**Pack of 15 - \$135/\$9 per class**

**DROP-IN - \$15**

**\$25: 2 weeks unlimited**  
\*New Students

**\$59 MEMBERSHIP**  
Unlimited Classes +  
benefits

**We accept Silver Sneakers, Silver & Fit, Active + Fit, Prime, Renew Active, EliteCare, and ACTC for FREE unlimited membership. Sign up at the front desk. FYI: you can use your Nation's Benefits Medicare card at WellCome OM.**

# DON'T BE BASIC!

## *A Gourmet Hummus Cooking Workshop*

with Rani from The Hummus Truck

You know him and love him from The Hummus Truck that parks at WellCome OM every other Wednesday—now, step behind the counter and learn the secrets behind the flavors!

### What will we make?

🥕 4 Types of Seasonal Hummus - We will craft four distinct hummus varieties, each representing a season and featuring a signature vegetable of that season.

🍞 Flatbreads from Scratch - You'll learn the art of kneading and cooking delicious, fluffy flatbreads from scratch to pair perfectly with your hummus creations.



Chef Rani

**Investment** **\$40/\$50**  
MEMBERS/NON-MEMBERS

### Event Details:

Thu, Feb 26th

4-6pm

The WellCome OM Center

