

WEEKLY

MON

Yogalates w/ Elaine
 (1st Mon of the month on the ball)
 10:00-11:00am

Martial Arts Movement w/ Charlie
 11:30-12:30pm

Mindful Movement Yoga w/ Vickie
 4:00-5:00pm

Yoga Flow & Meditation w/ Donna
 6:00-7:00pm

TUES

Zumba® w/ Donna
 10:00-11:00am

Intermediate Tai Chi w/ Charlie
 11:30-12:30pm

Beginner Tai Chi w/ Charlie
 12:45-1:45pm

Slow Flow Yoga w/ Tracy
 6:00-7:00pm

WED

HeartMath Meditation w/Diane
 10:00-11:00am

Tribal Belly Dance w/ Jayne
 3:30-4:30pm

Restorative Yoga w/ Vickie
 6:00-7:00pm
 *BYOB (Bring Your Own Blanket)

THUR

Healing Hatha Yoga w/Darrell
 10:00-11:00am

Intermediate Tai Chi w/ Charlie
 11:30-12:30pm

Beginner Tai Chi w/ Charlie
 12:45-1:45pm

Pilates w/ Donna
 7:00-8:00pm

FRI

Express Fit & Flow w/ Jordan
 9:00-9:45am

Easy Strengthening Yoga w/ Darrell
 10:00-11:00am

Breathe & Restore w/ Jordan
 12:00-1:15pm

SAT

Zumba® Express w/ Donna
 9:00- 9:45am

High Intensity Tabata w/ Tracy
 10:00-11:00am

CONSCIOUS MARKET

MON-WED 9am-5pm
 THURSDAY 9am-7pm
 FRIDAY 9am-5pm
 SATURDAY 10am-2pm
 SUNDAY CLOSED

MONTHLY CALENDAR / JANUARY



SUN

01



MON

02

New Years Day Observed
 CLOSED

THU

05

Wholly Healthwise: New Year
 Rejuvenation for Your Body

5:30-7:00pm
 Join us for a FREE community education seminar by Naturopathic Medical Physician, Dr. Maria Scunziano-Singh.



FRI

06

HumanKind Meditation for 2023

7:00-8:00pm
 Come join Diane for a very special guided meditation on discovering what it really means to be human on this planet and the untapped abilities that we all possess!*

SAT

07

Free Garden Education w/ Michael

10:00-11:00am
 Winter veggies

Plant Party in the Garden
 11:00-12:00pm
 Please bring your lunch and some snacks to share and we will provide the music, refreshments, plants for sale, and crafts to keep the kids entertained.

THU

12

Selecting the Best Supplements for You w/ Diane

5:30-6:30pm
 Learn what supplements to consider to help rejuvenate your body to begin a brand new year.

FRI

13

Care 4 Caregivers

2:00-4:00pm
 Support Meetings focus on: spiritual, emotional, mental, and physical balance.



SAT

14

Mandala Art Workshop

10:00-12:00pm
 Join Us for an Introductory Mandala Rock Art Workshop Guided by Cara Sharich*

OPEN HOUSE: Centropix Wellness

11:00-1:30pm
 Transform your life and take your body & mind to the next level. Demo Drop In Day with Microcirculation Center

MON

16

MLK DAY

open 9-5

Greenpoint Thermography

(By Appointment Only)
 Non-invasive painless screening that demonstrates thermal patterns that may be indicative of internal dysfunction such as breast cancer. Call 727-576-0100 to book.



THU

26

Dancing with the Docs

5:30-7:00pm
 Join Dr. Maria, Donna, Jayne, and special guests Dr. MJ & Dr. AJ aka "the Jibawi Brothers" for this free dazzling dance fitness event! DJ Blue Bloods will be spinning!

FRI

27

Movement and Mocktails w/ Jordan

5:30-6:45pm
 With an upbeat playlist, energizing movement, and a fresh mocktail of your choice, this class will be the envy of any happy hour!*



CONNECT WITH THE WELLCOME OM CENTER

352.600.4242

@WellComeOMCenter

wellcomeomcenter.com

4242 Lake in the Woods Dr. Spring Hill, FL

*Must pre-register. Workshop fees apply.

