



YOGA WITH GINNY MAZZEI 2017 Schedule

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570-784-1366 (Centre for Health and Wellness)

On-going schedule

Day of Week	Time	LOCATION
MONDAYS	9:30 – 10:45 AM	Centre for Health and Wellness
WEDNESDAYS	9:00 – 10:15 AM	Centre for Health and Wellness
THURSDAYS	6:00 – 7:15 PM	Centre for Health and Wellness
*FRIDAYS – 2X/Mo. In Bloomsburg	9:00 – 10:15 AM	Centre for Health and Wellness
*FRIDAYS – 2X/Mo. In Benton	9:00 – 10:15 AM	Stillpoint – Home Studio

All classes are mixed level classes.

LOCATIONS AND COSTS:

Centre for Health and Wellness, 589 East 7th Street, Bloomsburg, 570 784-1366.

Cost per class: \$12.00, or purchase a 4-class card for \$40.00 **good for 3 months.**

Stillpoint, home studio, Benton (advance sign-up required)

Cost per class \$10.00

*If you are interested in attending the Friday morning classes, please email me and request to be placed on my Friday morning distribution list. Notice goes out at the beginning of the month of the dates for the following month's Friday sessions.

JOIN MY EMAIL DISTRIBUTION LIST FOR NOTIFICATION OF SPECIAL EVENTS, WORKSHOPS AND YOGA SERIES OFFERED IN THE BLOOMSBURG AND BENTON AREAS BY EMAILING ME AT gmazzei@epix.net. CHECK OUT MY WEBSITE: WWW.GINNYMAZZEI.COM FOR CURRENT LIST OF CLASSES, WORKSHOPS AND OTHER EVENTS.