

Yoga At The Centre



On-Going Yoga Classes at the Centre for Health and Wellness
589 East 7th Street
Bloomsburg, PA 17815

784-1366

Weekly Classes:

Mondays	9:30 – 11:00 am
Wednesdays	9:00 – 10:30 am
Thursdays	6:00 – 7:30 pm

Bi-Monthly Classes:

Fridays	8:00 – 9:30 am **
Saturdays	10:00 – 11:30 am **

If you are interested in the Bi-Monthly Classes, ask to be added to our email distribution lists. For Friday classes, email gmazzei@epix.net; for Saturday classes, email ald7219@msn.com.

Cost per class is \$10.00. Ask about our 4-class discount card.