

## NEW 7 WEEK PROGRAM



# Evening Pilates

February - April 2017

**WHO:** Adults

**WHERE:** Mt. Lebanon Recreation Center – 2<sup>nd</sup> Floor in Room “A”

**INSTRUCTOR:** *Rose Anne Lyskava – Certified Instructor of Full Pilates Method*

Rose Anne was a professional dancer for 20 years and was a Radio City Music Hall Rockette. She also has been a professional dance instructor for 25 years.

**DESCRIPTION:** Strengthen and tone muscles, achieve greater flexibility and reduce stress through the exercises of the Pilates method. Learn fundamentals, proper technique and a sensible progression through this life enhancing fitness program. An exercise mat is recommended.

### ACTIVITY INFORMATION:

ACTIVITY NUMBER	DAY	DATES 7 Week Session	TIME	RESIDENT FEE	NON-RESIDENT FEE
SP17-2035	Monday	February 27 - April 10	8:30 – 9:30 p.m.	\$46.00	\$51.00
SP17-2036	Walk in Monday	February 27 - April 10	8:30 – 9:30 p.m.	\$ 8.00	\$ 8.00

**NSF CHECK POLICY:** An administrative fee of \$20 will be added to each occurrence of a returned check

**REFUND POLICY:** Refund requests must be made a minimum of 7 days prior to event. See [www.mtlebanon.org](http://www.mtlebanon.org) for details

### REGISTRATION:

**Online** - Register for as many programs as you like, for **one low convenience fee of \$2.00 per shopping cart**. All you need is your MasterCard or Visa. Save time, money and gas by registering online today! Go to our website at [www.mtlebanon.org](http://www.mtlebanon.org), click the  button at the bottom of the page, then click “Register Online” in the middle of the page.

**In person** – Mt. Lebanon Recreation Department 2<sup>nd</sup> floor, Monday through Friday 8:30-5:00 p.m., closed Saturday and Sunday  
 Mt. Lebanon Ice Center 1<sup>st</sup> floor, Monday through Saturday 9:00 a.m. - 8:00 p.m., Sunday 9:30 a.m. - 4:00 p.m.  
 Mt. Lebanon Tennis Center 7:30 a.m. – 10:00 p.m. (May 1 – September 30 only)  
**Make checks payable to: Mt. Lebanon, PA** Visa, MasterCard, & Debit Cards accepted

**QUESTIONS:** Please call the Mt. Lebanon Recreation Department (412) 343-3409

**LeboALERT** – A FREE notification service (phone, text, e-mail). In the event of an emergency and to provide you with updates about cancellations and recreation department programs and events. Please visit [www.mtlebanon.org](http://www.mtlebanon.org), **hover over Services at the top of the page. Under Information Technology Office, click LeboAlert.** All recreation participants should sign up, and at minimum select the “Cancellations” category.



LeboNet - Free wireless in the Mt. Lebanon Recreation Center

MW YOGA EVE PILATES FEB-APR 2017 7 WKS YOGA & PILATES 01-4232-34104-000



**Mt. Lebanon Recreation Department**  
 900 Cedar Boulevard 2<sup>nd</sup> Floor  
 Pittsburgh, PA 15228  
 412-343-3409 [www.mtlebanon.org](http://www.mtlebanon.org)  
 Monday – Friday 8:30 a.m. to 5:00 p.m.