



**Offered all year round for
teens through senior citizens**



Mt. Lebanon Recreation Department
900 Cedar Boulevard 2nd Floor
Pittsburgh, PA 15228
412-343-3409
www.mtlebanon.org

Zumba Gold

Core & Cardio

April - June 2016

Head to toe health... Multigenerational, calorie-blasting, fitness fun!

- **Low-impact aerobics to strengthen your heart**
- **Muscle engaging moves to firm your body**
- **Dance combinations to sharpen your mind**
- **Uplifting music to add spice to your life**

WHO: Male and female, 18 years through senior citizens

INSTRUCTOR: Certified Trainer Janet Miller of Dance Pittsburgh, LLC

PARTICIPANTS: A new punch card system will be used to purchase classes. (See chart below)

ALL PUNCH CARDS EXPIRE AT THE END OF THE SESSION.

WHERE: Mt. Lebanon Recreation Center 2nd Floor – Room “A”

EQUIPMENT: Bring a towel and bottled water

ACTIVITY INFORMATION: No class: April 13, 18 and May 30

SESSION 2 – 2016 SPRING (23 CLASSES)					
ACTIVITY NUMBER	DAYS	2016 DATES	TIME	RESIDENT FEE	NON-RESIDENT FEE
	Mon and/or Weds	April 4 – June 29, 2016	6:30 – 7:20 p.m.		
SP16-2062	Mon and/or Weds	1 Class Punch Card	6:30 – 7:20 p.m.	\$10.00	\$10.00
SP16-2063	Mon and/or Weds	3 Class Punch Card	6:30 – 7:20 p.m.	\$25.00	\$25.00
SP16-2064	Mon and/or Weds	6 Class Punch Card	6:30 – 7:20 p.m.	\$40.00	\$45.00
SP16-2065	Mon and/or Weds	10 Class Punch Card	6:30 – 7:20 p.m.	\$55.00	\$60.00

ALL PUNCH CARDS EXPIRE AT THE END OF EACH SESSION

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 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, 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 2nd floor, Monday through Friday 8:30-5:00 p.m., closed Saturday and Sunday

Mt. Lebanon Ice Center 1st 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 at 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, click [myLebo](#) and sign up for LeboALERT. All recreation participants should sign up, and at minimum select the “Cancellations” category.



LeboNet - Free wireless in the Mt. Lebanon Recreation Center

MW EXERCISE ZUMBA GOLD EVENING APR-JUNE 2016 EXERCISE 01-4234-34104-000