



WEDNESDAYS

Fit Dance

MT. LEBANON RECREATION DEPT.
900 CEDAR BLVD. 2ND FLOOR
PITTSBURGH, PA 15228
412-343-3409

www.mtlebanon.org

From
Bordeaux France
"Fit Dance"

March - April 2017

13 years of age and up

Kelly ramps up an exhilarating dance fitness class with energizing music to draw out the dancer in you.

Adapted to all ages and abilities with a variety of styles and moves.

If you love to groove and feel the need to move, this is the class for you. This cardio class is jam packed with explosive dance fun, body weight toning and stretching. You will feel the sweat and leave with a positive glow!

An easy class to follow that: *** Increase heart rate** *** Strengthen coordination**
*** Improves concentration** *** Promotes flexibility**

WHO: Teens and Adults

INSTRUCTOR: *Certified Trainer Kelly Brown – from Bordeaux France*

FEES: Instructor does not accept registration forms and payments in full, **walk in fees only**

Walk in fee is **EXACT CASH ONLY** or checks payable to "Mt. Lebanon, PA"

If you don't have exact cash, payment will need to be made with the ice center cashier, on the first floor of the MTL Recreation Center. Ask for a receipt to give to instructor.

Make up classes are not given.

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

EQUIPMENT: Bring a towel and bottled water

ACTIVITY INFORMATION:

ACTIVITY NUMBER	DAY	7 WEEKS 2017 DATES	TIME	RESIDENT FEE	NON-RESIDENT FEE
W17-2027	Wednesday	March 1 – April 12	7:30 – 8:25 p.m.	\$46.00	\$51.00
W17-2028	Wed. Walk In	March 1 - April 12	7:30 – 8:25 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 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 a.m. – 8 p.m., Sunday 9:30 a.m. - 4:00 p.m.
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, 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 EXERCISE FIT DANCE MAR-APR 2017 EXERCISE 01-4234-34104-000

