



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

**ENTRANCE:** Take ramp to Recreation Center 2<sup>nd</sup> Floor

**TIME:** 11:30 – 12:30pm Please be on time

**WHEN:** November – December 2022

**WHO:** Adults

**INSTRUCTOR:** Cindi Ballard & Staff

**Make up classes are not given.**

**Please bring bottled water & wear comfortable clothes.**

Certified yoga instructor *Cindi Ballard* & her staff will lead you in a series of simple movements to strengthen & stretch your whole body while seated in a chair or wheelchair.


## Chair Yoga is gentle & accessible for everyone!

Chair Yoga combines conscious breathing, purposeful movement, & mindful meditation. Lubricate your joints, increase your immunity, & increase oxygen to the body. Leave class with a clear mind & improved focus. It will also restore balance & increase energy.

If you are concerned about getting down on the floor or maintaining balance, this class is perfect for you! Regardless of your age, or if you suffered from injuries, this class is deeply relaxing!

ACTIVITY NUMBER	DAY	ACTIVITY NAME	2022 DATES	TIME	RESIDENT FEE	NON-RESIDENT FEE
F22-3002	Wednesday 7 Weeks	Chair Yoga	NOV 9 – DEC 21	11:30 am – 12:30 pm	\$ 49.00	\$ 54.00
F22-3003	Wednesday Walk in	Chair Yoga	NOV 9 – DEC 21	11:30 am – 12:30 pm	\$ 9.00	\$ 9.00

### REGISTRATION:

**ONLINE** - Register for as many programs as you like, all you need is your MasterCard or Visa. Save time by registering online today! Go to our website at [www.mtlebanon.org](http://www.mtlebanon.org), click the  button on 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  
Make checks payable to: Mt. Lebanon, PA Visa, MasterCard, & Debit Cards accepted

**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

**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

