

CHAIR YOGA

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

ENTRANCE: Take ramp to Recreation Center 2nd Floor

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

WHEN: January – February 2023

WHO: Adults

INSTRUCTOR: Cindi Ballard & Staff

Make up classes are not given.

Please bring bottled water & wear comfortable clothes.


Certified yoga instructors *Cindi Ballard & Mariah McLeod* 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 & mindful meditation. Lubricate your joints, increase oxygen to the body, & increase your immunity! Leave class with a clear mind & improved focus. 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	2023 DATES	TIME	RESIDENT FEE	NON-RES FEE
W23-2005	Monday 7 Weeks	Chair Yoga with Mariah	JAN 9 – FEB 20	11:30 am – 12:30 pm	\$ 49.00	\$ 54.00
W23-2006	Monday Walk in	Chair Yoga with Mariah	JAN 9 – FEB 20	11:30 am – 12:30 pm	\$ 9.00	\$ 9.00
W23-2007	Wednesday 7 Weeks	Chair Yoga with Cindi	JAN 11 – FEB 22	11:30 am – 12:30 pm	\$ 49.00	\$ 54.00
W23-2008	Wednesday Walk in	Chair Yoga with Cindi	JAN 11 – FEB 22	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, 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 2nd floor

Monday through Friday 8:30-5:00 p.m., closed Saturday & Sunday

Make checks payable to: Mt. Lebanon, PA Cash, 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 for details.

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

LeboALERT - A FREE notification service (phone, text, e-mail) used in the event of an emergency to provide you with updates about cancellations of recreation department programs & events. Please visit www.mtlebanon.org, scroll down, & click LeboAlert. All recreation participants should sign up, & select the "Cancellations" category.

LeboNet – Free Wireless Internet in the Recreation Center

