



YOGA

MONDAY / WEDNESDAY

MORNING CLASS

FEBRUARY - APRIL 2017 YOGA IS OFFERED YEAR ROUND

Yoga: An easy class for “yogically challenged” participants who are encouraged to go at their own pace and honor their own limitations as they are gently guided through stretching, strengthening and breathing exercises. Expect a growing sense of body awareness, an increase in vitality and a decrease in tension. Moving with grace, ease and beautiful posture becomes a reality.

Participants: If you are paying in full for Monday Yoga, you are to attend the Monday Yoga class. If you are paying in full for Wednesday Yoga, you must attend the Wednesday Yoga Class. Make up classes are not given. Thank you for your cooperation.

WHO: Adults

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

EQUIPMENT: Bring an exercise mat or plush towel

INSTRUCTOR: Carol Day and Staff

ACTIVITY INFORMATION:

ACTIVITY NUMBER	DAY	ACTIVITY NAME	DATES 2017	TIME	RESIDENT FEE	NON-RESIDENT FEE
W17-2022	Monday	Yoga Only	February 27 – April 10	10:00–11:15 a.m.	\$46.00	\$51.00
W17-2023	Wednesday	Yoga Only	March 1 – April 12	10:00–11:15 a.m.	\$46.00	\$51.00
W17-2024	Walk in	Yoga Walk in	February 27 – April 12	10:00–11:15 a.m.	\$ 8.00	\$ 8.00
W17-2026	Walk In	Pilates and Yoga Walk In	February 27 – April 12	9:00 – 9:45 a.m. 10:00–11:15 a.m.	\$12.00	\$12.00

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 9:00 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, 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

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

MW YOGA & PILATES MORNING PILATES & YOGA WEDNESDAY FEB-APR 2017 01-4232-34104-000