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FRIDAY



YOGA

afternoon class

2017 FEBRUARY - APRIL

MT. LEBANON RECREATION DEPARTMENT * 900 CEDAR BLVD -2ND FLR * PITTSBURGH, PA 15228
412.343.3409 www.mtlebanon.org

Why yoga in the afternoon? Read on . . .

Yoga has been shown to improve strength and flexibility, improve coordination and balance, lower stress, anxiety, and blood pressure levels, stimulate the glandular system, boost the immune system, and improve quality of sleep, elevate mood, detoxify the body and the mind . . . see you at 1:15 p.m.

WHO: Adults

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

Tuesday, February 21 and March 21 classes held in Room B

EQUIPMENT: Bring an exercise mat and wear comfortable clothes

INSTRUCTOR: *Janet Tant and staff*

ACTIVITY INFORMATION:

ACTIVITY NUMBER	DAY	ACTIVITY NAME	2017 DATES 7 WEEKS	TIME	RESIDENT FEE	NON-RESIDENT FEE
SP17-2029	Tuesday	Afternoon Yoga	February 21 - April 4	1:15 - 2:30 p.m.	\$46.00	\$51.00
SP17-2030	Friday	Afternoon Yoga	February 24 - April 7	1:15 - 2:30 p.m.	\$46.00	\$51.00
SP17-2031	Walk in	Afternoon Yoga	February 21 - April 7	1:15 - 2:30 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 9:00 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