

YOGA FOR HEALTH & FITNESS

JANUARY - MARCH 2021

MONDAY / WEDNESDAY MORNING



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.

YOGA IS OFFERED YEAR ROUND

WHO: Adults
WHERE: Mt. Lebanon Recreation Center – 2nd floor in Room “A”
EQUIPMENT: Bring a mask, sanitizer, water and an exercise or yoga mat
INSTRUCTOR: Carol Day and Staff

COVID-19: Before attending this program [Return to Play Plan Exercise Classes](#) for important procedures and requirements.

MASK REQUIREMENTS: Participants and instructors will be required to wear masks in and around the recreation center at all times, including while participating in classes.

ENTRANCE / EXIT: Mt. Lebanon Recreation Center – 2nd Floor Lobby Entrance only!


ACTIVITY INFORMATION: ALL REGISTRATIONS ARE ONLINE ONLY!

ACTIVITY NUMBER	DAY	ACTIVITY NAME	2021 DATES	TIME	RESIDENT FEE	NON-RESIDENT FEE
W21-2021	Monday	Yoga Only	January 18 - March 1	10:00–11:15 a.m.	\$46.00	\$51.00
W21-2022	Wednesday	Yoga Only	January 20 - March 3	10:00–11:15 a.m.	\$46.00	\$51.00
W21-2023	MON. & WED. WALK IN REGISTRATIONS ONLINE ONLY	Yoga Walk in	January 18 - March 3	10:00–11:15 a.m.	\$ 8.00	\$ 8.00
W21-2020		Pilates and Yoga Walk In	January 18 – March 3	9:00 – 9:45 a.m. 10:00–11:15 a.m.	\$12.00	\$12.00

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

REGISTRATION IS ONLINE ONLY:

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.



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

MM YOGA & PILATES MORNING PILATES & YOGA WEDNESDAY JAN-MAR 2021 01-4232-34104-000 NO ADV DEP 01-4220-21001-000 REV 1-13-2021