



Pilates workout

Morning Class

September - November 2021

Pilates is offered year round

Pilates: A whole-body fitness program adaptable to many levels of fitness from beginners to advanced which focuses on the deep muscles of the back, abdomen and pelvic floor to better support a strong, supple back, good posture, and balanced muscle development.

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



Monday / Wednesday

WHO: Adults

EQUIPMENT: Bring a mask, sanitizer, water and an exercise or yoga mat

INSTRUCTOR: Carol Day and Staff

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

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

August 4, 2021: Effective Friday, August 6, Mt. Lebanon will follow CDC guidance by requiring masks for everyone inside all municipal facilities. Masks are not required for anyone outdoors. Social distancing and frequent handwashing are encouraged. In general, protect yourself and others. Don't attend programs if you feel sick or are otherwise at risk. These guidelines are subject to change.


ACTIVITY INFORMATION:

ACTIVITY NUMBER	DAY	ACTIVITY NAME	2021 DATES	TIME	RESIDENT FEE	NON-RESIDENT FEE
F21-2094	Monday	Pilates Only	September 20 - November 1	9:00 – 9:45 a.m.	\$46.00	\$51.00
F21-2095	Wednesday	Pilates Only	September 22 - November 3	9:00 – 9:45 a.m.	\$46.00	\$51.00
F21-2099	MON. & WED. WALK IN	Pilates Walk in	September 20 - November 3	9:00 – 9:45 a.m.	\$ 8.00	\$ 8.00
F21-2100	REGISTRATIONS ONLINE ONLY	Pilates and Yoga Walk In	September 20 - November 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 :

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.