



PIYO FOR EMPLOYEES!

**SEPTEMBER 11- DECEMBER 21
PLEASE PRE-REGISTER AT THE
CAMPUS CENTER SERVICE DESK
OR THE DOWNTOWN CAMPUS
BOOKSTORE**

PIYO – (Pilates and Yoga)

PIYO is a unique blend and perfect combination of Pilates and Yoga. A balanced blend of Hatha Yoga and flowing poses will increase flexibility and strengthen core muscles while furthering mindfulness and stretching with poses. Suitable attire is required. Mats will be provided.

Instructor Meg LeBeau is a certified Yoga instructor who holds an NASM and Cooper Institute personal trainer certificate.

Minimum 15 participants required for class to run. Attend as your schedule allows, it is not mandatory to attend all sessions.



Wellness Council

MONROE COMMUNITY COLLEGE

PIYO

For Employees!

**Mondays and
Thursdays**

5:05pm-6:05pm

Certified Instructor:

Meg LeBeau

Registration fee

\$90 for 15 weeks

2 classes per week.

**Make-up class to be
scheduled for
Thanksgiving**

Class starts

September 11, 2017!

Dance Studio, 10-143

Registration is open to MCC,
MCC Association Inc.,
& MCC Foundation Employees