



**SPRING 2019 PIYO FOR
EMPLOYEES & GUESTS!
FEBRUARY 11 – JUNE 10, 2019
PLEASE PRE-REGISTER AT THE
CAMPUS CENTER SERVICE DESK**

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



PIYO

**For Employees and
Guests!**

Mondays

5:05pm-6:05pm

Certified Instructor:

Meg LeBeau

**Registration fee
\$45.00 Employees
\$60.00 Guests
15 classes**

**February 11 –
June 10, 2019**

**No class: Feb. 18
April 15 & May 27**

Dance Studio, 10-143

**Registration is open to
MCC, MCC Association Inc.,
MCC Foundation employees
& their guests**