



## **FALL 2019 PIYO FOR EMPLOYEES & GUESTS! SEPTEMBER 16 – DECEMBER 9 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 15 participants required for class to run, maximum class size is 30. Attend as your schedule allows, it is not mandatory to attend all sessions.*



**PIYO**

**For Employees and  
Guests!**

**Mondays**

**5:00pm-6:00pm**

**Certified Instructor:**

**Meg LeBeau**

**Registration fee  
\$36.00 Employees  
\$56.00 Guests  
12 classes**

**September 16 –  
December 9, 2019**

**No class Nov. 11**

**Dance Studio, 10-143**

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