



SPRING SEMESTER PIYO FOR EMPLOYEES & GUESTS!

**JANUARY 8 - MARCH 5, 2018 AND
MARCH 26 - MAY 14, 2018
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.



PIYO

**For Employees and
Guests!**

Mondays

5:05pm-6:05pm

Certified Instructor:

Meg LeBeau

**Registration fee
\$48.00 Employees
\$65.00 Guests
16 classes**

**Session I: January 8
– March 5, 2018**

No Class January 15

**Session II: March 26-
May 14, 2018**

Dance Studio, 10-143

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