



You'll be hooked.  
Join this fun class!

## Stretching and Foam Roller

Tuesday, May 9

12:00pm

Instructor: Mathew Trindle

Location: Room 1

Members: \$0 / Non-Members: \$10

No sign-up needed.

Foam roller exercises, also known as self-myofascial release (SMR), are a great technique to massage and stretch your muscles. SMR increases your muscle's flexibility and motion allowing increased development and strength.



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