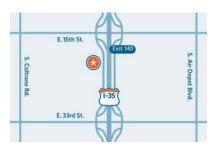


You'll be hooked.

Join this fun class!



Mercy Fitness Center 2017 W. I-35 Frontage Road Edmond, Oklahoma 73013 405.757.3300



## 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.