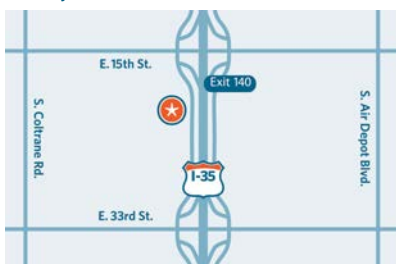




Mercy Fitness Center's Medical Integration Program



Mercy Fitness Center
2017 W. I-35 Frontage Road
Edmond, Oklahoma 73013
405.757.3325
mercyfitness.net



Upgrade Your Life

This medical integration program is designed to help and manage chronic pain, develop attainable exercise habits and increase overall quality of life. (Note: ONLY for Clinical Integration participants)

CI Fit

May 7 and May 21
2:00pm - 3:00pm
Location: GEX Room
Instructor: Fitness Specialist to be announced

CI Mind/Body

May 14 and May 28
2:00pm - 3:00pm
Location: GEX Room
Instructor: Fitness Specialist to be announced

CI Fit

Working out together, in a fun and supportive environment with a combination of cardiovascular and strengthening exercises for all major muscle groups with modifications "if needed."

CI Mind/Body

Gentle strengthening exercises and stretches used to improve your range of motion, increase circulation and calm your mind and body.

Contact [Olivia Bloesch](#) for more information at [405-757-3325](tel:405-757-3325)