



Visit the Customer Service Desk to register and learn more.

## Peyow Aqua Pilates

Registration October 9 – November 12

Classes October 30 – December 17

Mondays 12:30 p.m. – 1:20 p.m.

Tuesdays 6:30 p.m. – 7:20 p.m.

Wednesdays 12:30 p.m. – 1:20 p.m.

Thursdays 6:30 p.m. – 7:20 p.m.

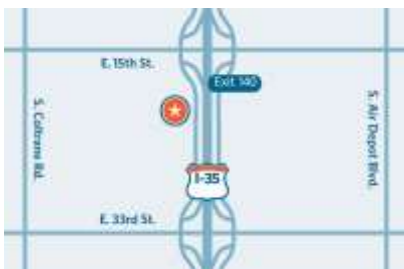
Saturdays 10:00 a.m. – 10:50 a.m.

Location: Exercise Pool

Cost: \$70 members/ \$85 non-members



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



The Peyow FunKtional Aqua Pilates class is a 50-minute program that provides participants with techniques to help:

- Correct alignment and release tension.
- Improve fall prevention and overall stability.
- Increase range of motion.
- Strengthen core muscles.
- Aid in recovery from injury or post-rehab.
- Relieve pressure on the spine and joints.

Peyow FunKtional Aqua Pilates is suitable for all fitness levels and special conditions, such as arthritis, Parkinson's, Fibromyalgia, stroke, cardiac, obesity, and PTSD. Case studies have shown effectiveness in increasing dynamic stability and core strength within participants with disabilities.