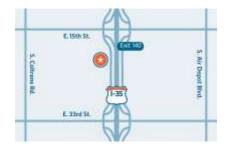


Maximize your time with this high-energy workout. Sign up now!



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



## **HIIT Training**

With Jeremy
Wednesdays and Fridays in November
11:00 am - 11:30 a.m.
Location: Studio 3

Price: Free for members and non-members Sign up required at the Customer Service Desk

High Intensity Interval Training (HIIT) combines circuit training and compound core exercises to keep your heart rate up and burn more fat in less time. Experience maximum effort in minimal time – don't miss it!