



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!