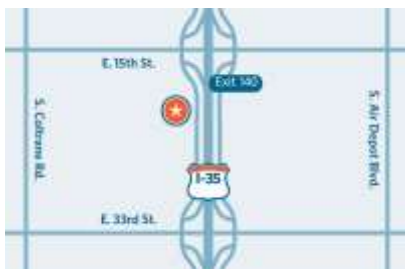


Take your Pilates workout  
to the next level! Sign up  
now!



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



## Pilates Reformer Ab & Booty Blast

Registration October 9 – November 12

Classes October 30 – December 17

Class time: Mondays | 4:30 p.m. – 5:20 p.m.

Instructor: Michelle

Location: Studio 2

Cost: \$90 members/ \$105 non-members

Prior Pilates Reformer experience is recommended. Join Michelle for an awesome full body Pilates Reformer workout with emphasis on abs and glutes. Specific movements focus on toning, tightening and sculpting from all angles. This is a great class that will complement our Reformer Flow class, but also a great way to mix up your routine. Sign up at Customer Service Desk. Class size is limited to the first 5 people. Come and enjoy!