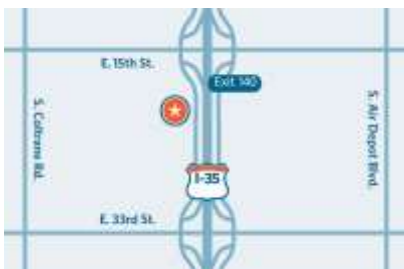




Learn better recovery techniques in this guided stretching class.



**Mercy Fitness Center**  
2017 W. I-35 Frontage Road  
Edmond, Oklahoma 73013  
405.757.3300  
[mercyfitness.net](http://mercyfitness.net)



## Self-Myofascial Release

With Jeremy  
Tuesdays and Thursdays in November | 7:00 a.m. – 7:50 a.m.  
Location: Studio 1  
No registration required  
FREE for members and non-members (first visit)

Self-Myofascial Release is a guided stretching class designed to help you recover and strengthen muscles more efficiently. Join Jeremy and learn more about release muscular fascia and limbering up through stretching.