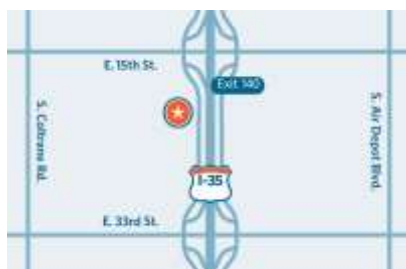




FREE for members and
non-members.



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



Semi-Private Training Demos

Saturdays | 10:00 a.m. – 11:00 a.m.

Sundays | 2:00 p.m. – 3:00 p.m.

Location: Cycle Room

Sign-up required at the Customer Service Desk

Semi-Private Training is a unique, small-group training style that leverages the EXOS Training System to target a combination of power, strength, cardio, and flexibility, with an emphasis on improving movement patterns to increase overall quality of life. Come try it out for yourself!