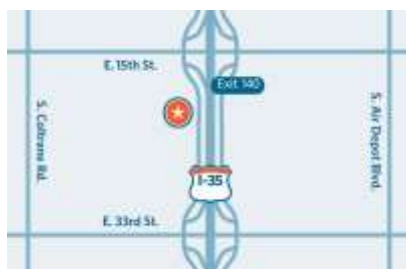




Mercy Fitness Center
2017 W. I-35 Frontage Road
Edmond, Oklahoma 73013
405.757.3300
mercyfitness.net



Swim Fit

Registration October 9 – November 12

Classes October 30 – December 17

Mondays 5:30 a.m. – 6:15 a.m.

Wednesdays 5:30 p.m. – 6:15 p.m.

Fridays 6:00 a.m. – 6:45 a.m.

Location: Lap pool

Cost: \$95 members | \$110 non-members

Join this 5-week swimming for exercise program, and participate in as many classes as you like for the duration of the program (pre-registration required). SwimFit is appropriate for any swimmer who can safely swim 100 yards in the pool without stopping (regardless of stroke).