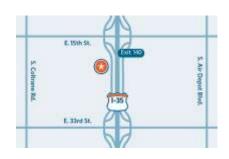




Mercy Fitness Center 2017 W. I-35 Frontage Road Edmond, Oklahoma 73013 405.757.3300 mercyfitness.net



## **Aqua Pilates**

Registration December 11 - January 21 Session 1B January 8 - February 4 (4 weeks) Session 1C February 5 - March 11 (4 weeks)

Class times:

Mondays | 12:30 p.m. - 1:15 p.m.

Tuesdays | 6:30 p.m. - 7:15 p.m.

Wednesdays | 12:30 p.m. - 1:15 p.m. or

6:30 p.m. - 7:15 p.m.

Saturdays | 10:00 a.m. - 10:45 a.m.

Location: Exercise Pool

Member and non-member pricing available

Increase flexibility, balance, strength, and mind-body awareness using buoyancy for more targeted Pilates movements. Registration required at the Customer Service Desk.