



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.