



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



Aqua Yoga & Pilates

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

Class time:
Sundays | 2:00 p.m. – 3:00 p.m.
Location: Exercise Pool
Member and non-member pricing available

Aqua Yoga & Pilates is designed to condition the entire body, focus on breathing and body awareness. The exercises created help achieve maximum movement and assist in maintaining correct body alignment.