



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



Breathwork, Meditation & Relaxation

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

Class time:
Thursdays | 6:30 p.m. – 7:30 p.m.
Member and non-member pricing available

Connect the mind and body with a class focused solely on relaxation and breath awareness. Register at the Customer Service Desk.