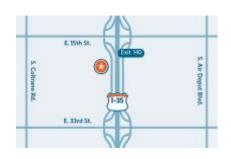




Mercy Fitness Center 2017 W. I-35 Frontage Road Edmond, Oklahoma 73013 405.757.3300 mercyfitness.net



## 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.