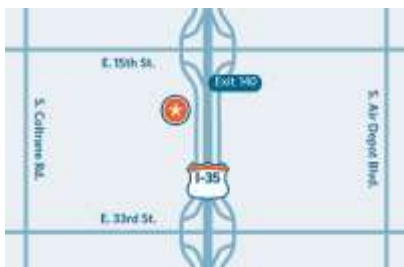




Mercy Fitness Center
2017 W. I-35 Frontage Road
Edmond, Oklahoma 73013
405.757.3300
mercyfitness.net



Drop the Numbers

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

Active class times:

Mondays & Wednesdays | 4:30 p.m. – 5:30 p.m.

Tuesdays & Thursdays | 5:30 p.m. – 6:30 p.m.

Beginner class times:

Mondays & Wednesdays | 6:00 p.m. – 7:00 p.m.

Tuesdays & Thursdays | 8:00 a.m. – 9:00 a.m.

Member and non-member pricing available

Drop the Numbers is a program designed to reduce individual health risk factors such as high blood pressure, cholesterol, and body fat percentage. Drop the Numbers will teach participants to understand, evaluate, and change their daily exercise routines to manage each these measurable health factors and see improvement over time. Class size is limited. Register at the Customer Service Desk.