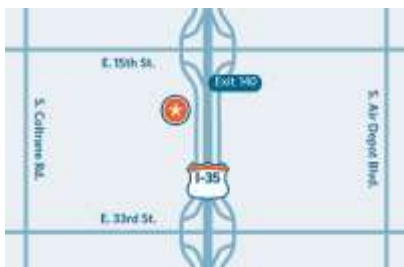




Mercy Fitness Center
2017 W. I-35 Frontage Road
Edmond, Oklahoma 73013
405.757.3300
mercyfitness.net



Intro to Yoga

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

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

Intro to Yoga will provide foundational poses and terminology that are found in a typical Yoga class. Modifications for poor knees, hip, wrists, and backs will be provided. This class will help you prepare for any Yoga class.