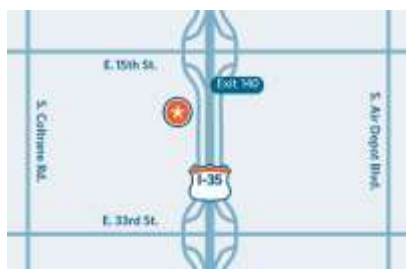




Mercy Fitness Center  
2017 W. I-35 Frontage Road  
Edmond, Oklahoma 73013  
405.757.3300  
[mercyfitness.net](http://mercyfitness.net)



## Lift the Floor

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

Class time:  
Tuesdays | 1:00 p.m. – 1:30 p.m.  
Member and non-member pricing available

Use the Pilates Reformer to lift and strengthen pelvic floor muscles, help improve and control bladder function, for post-childbirth recovery, and recovery from prostate surgery. Improve your confidence and quality of life with these gentle exercises. Class size is limited to the first 5 participants, so sign up today at the Customer Service Desk.