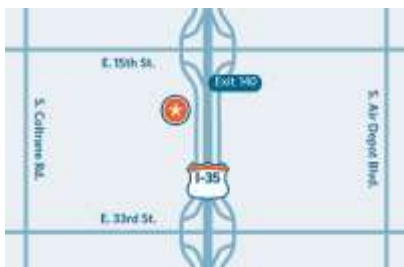




Mercy Fitness Center
2017 W. I-35 Frontage Road
Edmond, Oklahoma 73013
405.757.3300
mercyfitness.net



Mash-Up Conditioning

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

Class times:

Tuesdays and Thursdays | 4:00 p.m. – 4:50 p.m.
Member and non-member pricing available

Mash-Up Conditioning fuses conditioning exercises and mind-body awareness moves for the ultimate total-body experience. Mix up your workout with this special class that combines 3 workouts into 1. Difficulty Level: Varies, as three modification levels are demonstrated. Most are intended to be vigorous within your own fitness level. Class size is limited. Register at the Customer Service Desk.