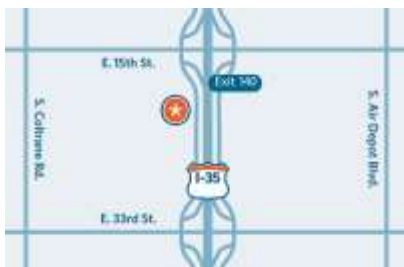




Pilates Reformer: Jump & Crunch



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



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

Location: Studio 2

Class times:

Tuesdays and Thursdays | 3:45 p.m. – 4:15 p.m.

Pre-Requisite: One private Reformer session

Registration required at the Customer Service Desk

Member and non-member pricing available

Jump & Crunch combines cardio and toning with this integrated Reformer workout using jump boards. Work your abdominals while getting in some all-over toning. You will feel the burn and see the results!