



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



Pilates Reformer: Mindful Mondays

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

Instructor: Carol
Class time:
Mondays | 10:00 a.m. – 10:50 a.m.

Pre-Requisite: One private Reformer session
Registration required at the Customer Service Desk
Member and non-member pricing available

Your Reformer journey starts with foundation exercises to build flexibility and release muscle tension. Discover improved range of motion and begin to build lasting strength.