



## Women on Weights (WOW)

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

Class times:

Mondays & Wednesdays | 9:00 a.m., 12:00 p.m., or 6:00 p.m.  
Tuesdays & Thursdays | 9:00 a.m., 1:00 p.m., or 4:00 p.m.

Location: Fitness Floor

Member and non-member pricing available

Learn the basics of resistance training using different styles including machines, free weights, body weight and bands. Class size is limited. Sign up at the Customer Service Desk.

Participants will receive:

- Full access to Mercy Fitness Center during the program
- A Women on Weights book, featuring 8 specialized workouts
- An individual, 30-minute consult prior to the first class
- Nutritional, motivational, and fitness tips
- Handouts and a WOW t-shirt



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