



**Designed for
those new to
Pilates.**

Beginner Pilates Reformer

Mondays in July (10, 17, 24, 31)

12:00pm

Instructor: Ashley Smith

Location: Room 2

Price: \$60 members / \$70 non-members for 4 sessions

Sign up and pre-purchase required at the customer service desk.



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

The Beginners Pilates Reformer class is designed for those new to Pilates and/or beginners, teaching you exercises on the Pilates Reformer equipment, step-by-step. Pilates is a full-body workout that will improve your strength, flexibility and change the way your body looks, feels and performs.

