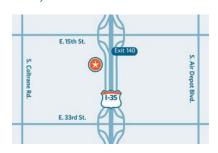


Designed for those new to Pilates.



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



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.

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.