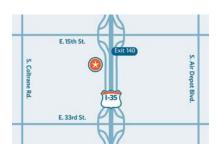


Join us for Member and Community Education seminars every Saturday in July.



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



Member and Community Education

Join us for Member and Community Education seminars every Saturday in July.

July 1 - Body Composition/ Nutrition

July 8 - Resistance Concepts

July 15 - Cardiovascular Concepts

July 22 - Flexibility Concepts

Location: Conference Room A (next to the café) **Price:** Free for members and non-members Sign up required at the customer service desk.