



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



Mercy Fitness Center
2017 W. I-35 Frontage Road
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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.

