

# MARCH/APRIL EVENTS

## Upgrade Your Life Information Sessions

**March 1 - April 30**

**By appointment**

**Location: Fitness Floor**

**No cost for members and non-members**

**Register at the Customer Service Desk**

Learn more about Mercy Fitness Center's ground-breaking medically integrated fitness and lifestyle education program. Upgrade Your Life is a twice weekly, 8-week clinical fitness program designed to teach you basic components of a healthy lifestyle. Each week, we'll focus on one health and wellness concept with one educational class and an exercise class. Integrating the EXOS 4 Pillars Approach to health and wellness, each class is designed to teach and engage you on each of the concepts: Mindset, Nutrition, Movement, and Recovery. Upgrade Your Life with a guided and goal-oriented plan for improving your health. Create healthy habits for years to come! Suitable for all fitness levels.

**For more information about Mercy Fitness Center's Clinical Integration programs, contact:**

Matthew Green,  
Clinical Integration Coordinator  
Matt.green2@mercy.net | 405.757.3328

## Pilates on Fire

**Instructor: Ashley**

**Round 1, March 26 - April 22**

**Round 2, April 23 - May 27**

**Sundays | 3:00 p.m. - 4:00 p.m.**

**Location: Studio 2**

**\$75 members, \$90 non-members**

Pilates on Fire uses Pilates core exercises combined with high-intensity interval training (HIIT) on the Pilates Reformer platform. Get long and lean as you set your core on fire with this intense and focused workout. All fitness levels are welcome!

**For more information about group exercise programs, contact:**

Cindy Blair, Fitness Manager  
cindy.blair@mercy.net | 405.757.3324





## CONTACT US

405.757.3300  
mercyfitness.net

## OPEN DAILY

Monday - Thursday: 5am - 9pm  
Friday: 5am - 8pm  
Saturday - Sunday: 7am - 5pm

## VISIT US

2017 W. I-35 Frontage Road,  
Edmond, OK 73013

Sign up for all programs at the Customer Service Desk, unless otherwise noted. Check out our website at [mercyfitness.net](http://mercyfitness.net), and look for our monthly newsletter in your email inbox. (Not receiving your newsletter? Update your email address today at the Customer Service Desk, and keep up with events using our Google Calendar at [mercyfitness.net/calendar](http://mercyfitness.net/calendar).)

## Aquatics Fitness

### Ai Chi

Round 1, March 26 - April 22  
Round 2, April 23 - May 27  
Mondays | 11:30 a.m. - 12:20 p.m.  
\$55 members, \$70 non-members

Ai Chi is a water exercise and relaxation class that combines deep breathing and slow, strengthening movements. Available as a personal training option; suitable for all fitness levels.

### Peyow Aqua Pilates: Levels 1 & 2

Round 1, March 26 - April 22  
Round 2, April 23 - May 27  
Level 1: Saturdays | 10:00 a.m. - 10:50 a.m.  
Level 2: Mondays | 12:30 p.m. - 1:20 p.m.  
\$55 members, \$70 non-members

Focused and controlled movement in the water improves range of motion, fitness, and posture. Ready for a challenge? Try our new class, Aqua Pilates: Level 2!

### Aqua Moxie

Round 1, March 26 - April 22  
Round 2, April 23 - May 27  
Fridays | 9:30 a.m. - 10:20 a.m.  
\$55 members, \$70 non-members

Combine cardio and strength with the benefits of aquatics exercise with Aqua Moxie! This class is for intermediate fitness levels.

### Aqua HIIT

Starts March 1  
Saturdays | 8:30 a.m. - 9:20 a.m.  
Cost is included with membership;  
no registration required

AquaFit with Weights is a non-impact, high-intensity workout sure to get the heart pumping. All fitness levels are welcome.

### AquaFit with Weights

Starts March 1  
Tuesdays | 5:45 p.m. - 6:30 p.m.  
Cost is included with membership;  
no registration required

AquaFit with Weights is a non-impact, high-intensity workout sure to get the heart pumping. All fitness levels are welcome.

#### To learn more about Aquatics Fitness:

Amber Hunter, Aquatics Manager  
[amber.hunter@teamexos.com](mailto:amber.hunter@teamexos.com) | 404.757.3315

## Fitness Programs

### Lunch Crunch - NEW!

March 1 - April 30  
12:00 p.m. - 12:30 p.m.  
Location: Fitness Floor  
Cost is included with membership

No time to work out? This 30-minute class provides a variety of training styles throughout the week to get you an effective, stress-relieving workout session on your lunch break.

### Cycle/Sculpt - NEW!

Classes begin March 1  
Thursdays | 8:00 a.m. - 8:50 a.m.  
Cost is included with membership

Start out with 30 minutes of cardio blast on the bikes, and then take it to the floor for full-body sculpting with targeted strength work. This workout is for those at an intermediate or advanced fitness level.

#### To learn more about Aquatics programs at Mercy Fitness Center, contact:

Amber Hunter, Aquatics Manager  
[amber.hunter@teamexos.com](mailto:amber.hunter@teamexos.com) | 404.757.3315

## Mind & Body

### Pilates Reformer Private Demos

March 1 - April 30  
By appointment only; Sign up at Customer Service Desk  
Location: Studio 2  
Cost is included with membership

Learn all about the Pilates Reformer platform and class options offered at Mercy Fitness Center. Our EXOS-certified fitness specialists will walk you through how the machines work, how Pilates movements benefit the body, and how to perform those movements safely and effectively. All fitness levels are welcome.

### Tai Chi

Round 1, March 26 - April 22  
Round 2, April 23 - May 27  
Thursdays | 12:30 p.m. - 1:30 p.m.  
\$50 members, \$70 non-members

Tai Chi is focused movement that requires a great deal of concentration to maintain the mind-body connection needed for optimal benefit. Suitable for all fitness levels.

#### For info about Mind & Body:

Cindy Blair, Fitness Manager  
[cindy.blair@mercy.net](mailto:cindy.blair@mercy.net) | 405.757.3324

## Swimming Instruction

### Adult Learn-to-Swim: Levels 1-3

Round 1, March 26 – April 22

Round 2, April 23 – May 27

Tuesdays & Thursdays

Level 1: 5:00 p.m. – 5:30 p.m.

Level 2: 5:30 p.m. – 6:00 p.m.

Level 3: 6:00 p.m. – 6:30 p.m.

Levels 1 & 2: \$120 members, \$135 non-members

Level 3: \$135 members, \$145 non-members

Adult Learn-to-Swim offers options for all skill levels. Beginner (Level 1) addresses everything from fear of the water to the very basics, for the non-swimmer. Once students feel confident in their ability to stay afloat and have no fear of the water, the Intermediate (Level 2) class provides further instruction on types of strokes and breathing techniques and allows student to develop greater confidence in the water. Advanced (Level 3) class challenges students to perfect their technique, or even prepare for competitive swimming.

### Swim Skill Set Analysis

Not sure which class level is right for you? Call the Mercy Fitness Center Aquatics instructors today to schedule your Swim Skill Set Analysis before you register.

### Elite Swim Team: Level 4

Round 1, March 26 – April 22

Round 2, April 23 – May 27

Tuesdays & Thursdays | 6:30 p.m. – 7:15 p.m.

\$150 members, \$165 non-members

Elite Swim Team is for advanced adult swimmers looking to improve their fitness level. Our certified USA Swim Coach will lead team-based workouts and encourage you to push yourself to reach your maximum potential.

### TRI-Swim: Level 4

Round 1, March 26 – April 22

Round 2, April 23 – May 27

Saturdays | 7:30 a.m. – 8:15 a.m.

\$80 members, \$95 non-members

Prepare for a triathlon with the advanced-level coaching of our TRI-Swim class! You will improve breathing efficiency and timing, stroke and kicking technique, and your speed in the water.

### Private Lessons for Adults and Children 3+

Sign up for private or duo swim lessons with the Mercy Fitness Center swim instructor of your choice! Schedule lessons for yourself or your child at a time that best fits your schedule. Call the Customer Service Desk today to find out more: 404.757.3300.

**To learn more about Aquatics programs at Mercy Fitness Center, contact:**

Amber Hunter, Aquatics Manager  
amber.hunter@teamexos.com | 404.757.3315

## Personal Training

### Box Conditioning

Round 1, March 26 – April 22

Round 2, April 23 – May 27

Thursdays | 7:00 p.m. – 8:00 p.m.

\$55 members, \$70 non-members

Box Conditioning is a fun and fast-paced group exercise class that incorporates movements from boxing and traditional calisthenics to get your heart rate skyrocketing. Suitable for all fitness levels.

### Drop the Numbers

Round 1, March 26 – April 22

Round 2, April 23 – May 27

Class selections vary

\$120 members, \$150 non-members

Drop the Numbers will help you reduce individual health risk factors such as high blood pressure, cholesterol, and body fat percentage. You'll learn to understand, evaluate, and change daily routines to manage each of these measurable health factors and see improvement over time. Class size is limited. Suitable for all fitness levels.

### HIIT & Abs

Round 1, March 26 – April 22

Round 2, April 23 – May 27

Mondays & Wednesdays

Class 1 | 10:00 a.m. – 11:00 a.m.

Class 2 | 12:00 p.m. – 1:00 p.m.

\$140 members, \$160 non-members

HIIT & Abs takes core work to the next level by incorporating high-intensity interval training. All fitness levels are welcome!

### Healthy Change

Round 1, March 26 – April 22

Round 2, April 23 – May 27

Class 1: Mondays & Wednesdays

Class 2: Tuesdays & Thursdays

Class time: 2:30 p.m. – 3:30 p.m.

\$99 members, \$149 non-members

Take charge of your health, once and for all, with Healthy Change. This class is for anyone who is ready to make a permanent lifestyle change, one small improvement at a time. If your BMI is greater than 29, Healthy Change is the class for you. All fitness levels are welcome.

### Women on Weights (W.O.W.)

Round 1, March 26 – April 22

Round 2, April 23 – May 27

Class selections vary

\$99 members, \$149 non-members

You'll learn how to operate strength machines and free weights, and how to use your own body weight and bands for maximum results with proper technique and form. Class sizes are limited to the first 4 women to register; sign up at the Customer Service Desk. Suitable for all fitness levels.

## Personal Training

(continued)

### Small Group Training

Round 1, March 26 – April 22

Round 2, April 23 – May 27

Class 1: Tuesdays & Thursdays

11:00 a.m. – 12:00 p.m.

Class 2: Mondays & Wednesdays

4:00 p.m. – 5:00 p.m.

\$140 members, \$160 non-members

The fun of a group workout combined with individual guidance from one of our EXOS-certified fitness specialists, this class format incorporates multiple training techniques. Suitable for all fitness levels.

**To learn more about Personal Training at Mercy Fitness Center, contact:**

Matt Green, Fitness Manager

matt.green2@mercy.net | 405.757.3328

## Special Events

### Member Referral

#### Bring-a-Friend Day

Thursday, March 21

Members, bring a friend to Mercy Fitness Center on March 21, and tell them to drop your name when they join. You'll BOTH receive a \$50 credit during the month of March! (Restrictions apply. Visit the Customer Service Desk for details.)

## Specialty Classes

### Class Demos

March 1 – March 25

Specialty Class days & times

Cost is included with membership

Register at Customer Service Desk

Members, bring a friend to Mercy Fitness Center on March 21, and tell them to drop your name when they join. You'll BOTH receive a \$50 credit during the month of March! (Restrictions apply. Visit the Customer Service Desk for details.)

## Kids' Zone

### March Themes in the Kids' Zone

Week 1: Happy Birthday, Dr. Seuss!

Week 2: Celebrating St. Patrick's Day

Week 3: Spring Break camp – farming fun!

Week 4: Wind, Rain, & Rainbows Week

Watch for our April themes and find out more about our Kids' Zone events in the newsletter and on our website, [mercyfitness.net](http://mercyfitness.net).

**To learn more about the Kids' Zone at Mercy Fitness Center, contact:**

Sherri Watson, Kids' Zone Manager

sherri.watson@mercy.net | 405.757.3312

# Massage

## New to Massage? Try us out free!

Watch for our complimentary chair massage demo times and fill out the Massage Request Form at the Customer Service Desk.

### To learn more about Massage:

Olivia Blosch, Program & Development Manager  
olivia.quandtblosch@mercy.net | 405.757.3325



**CALL US:** 405.757.3300

**VISIT US:** [mercyfitness.net](http://mercyfitness.net)

**FOLLOW US:**  [Facebook.com/MercyFitnessEdmond](https://www.facebook.com/MercyFitnessEdmond)

### Mercy Fitness Center

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Edmond, OK 73013



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