

JUNE/JULY/AUGUST EVENTS

Starter Package Private Swim Lessons

For Adults and Children 3+ | 3, 30-minute lessons for \$60
For first time users only

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.

Swim Skill Set Analysis

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

Family Swim Events

Watch for upcoming family swim events at Mercy Fitness Center. We'll announce dates soon on our communication boards. You won't want to miss out!

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

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

Interested in Personal Training?

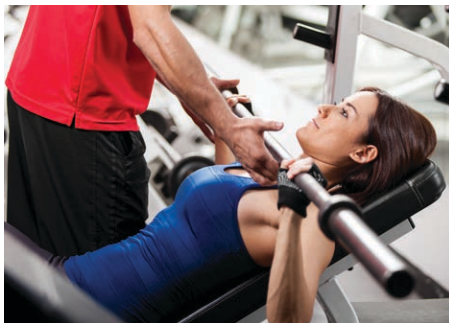
Schedule a consultation and find out how our EXOS-certified and degreed fitness specialists can help you identify your goals, create a plan and see improvement in your overall fitness. Your trainer will be an invaluable partner who can help motivate and inspire you to break past your old barriers and become a healthier you! Schedule individual training, duo training with a friend, or small-group training for 3-4 members. Call 405.757.3300 today to find out more!

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

Olivia Blosch, Program & Development Manager
oblosch@teamexos.com
405.757.3325

See inside for more Personal Training opportunities.





CONTACT US

405.757.3300
mercyfitness.net

OPEN DAILY

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

Independence Day

July 3 | 5:00 a.m. - 9:00 p.m.
July 4 | CLOSED

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, 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.)

Clinical Integration

Upgrade Your Life Information Sessions

By appointment

No cost for members and non-members

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.

To learn more about our Clinical Integration programs, contact:

Jeremy Reed, Clinical Integration Coordinator
jeremy.reed@teamexos.com | 405.757.3300

Mind & Body

Meditation for Beginners

Round 1: June 3 - July 1

Round 2: July 9 - August 12

Sundays | 1:30 p.m. - 2:30 p.m.

\$50 members/\$70 non-members

Meditation is a simple but life-transforming skill that can help you to relax, enhance understanding about yourself and develop your inherent potential.

To learn more about Mind & Body programs, contact:

Cindy Blair, GEX Supervisor
cblair@teamexos.com | 405.757.3324

FOLLOW US ON FACEBOOK!

Stay informed on the latest class schedules, instructor tips and center information.

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

Personal Training

Drop the Numbers

Round 1: June 3 - July 1

Round 2: July 9 - August 12

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.

Lunch & Crunch

April 23 - May 27

Monday - Thursday | 12:00 p.m. - 12:30 p.m.

Cost is included with Membership

No registration required

30-minute class provides a variety of training styles throughout the week to get you an effective, stress-relieving workout session without the major time commitment. Come join us during your lunch break and start feeling energized today. Suitable for all fitness levels.

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

Olivia Bloesch, Program & Development Manager
obloesch@teamexos.com | 405.757.3325

Nutrition

FREE Nutrition Consult

Justin Klein, R.D.

First Tuesday of each month

11:00 a.m. - 12:00 p.m.

FREE for members and non-members

Meet our dietitian Justin Klein and ask him all your nutrition-related questions. Learn how to better fuel your body and get the most from your workouts!

Healthy Grilling Cookout

June 23 | 11:00 a.m. - 1:00 p.m.

Registration starts June 1

\$10 for members/non-members

Join I-35 Mercy Fitness Center for our first annual cookout! Bring your family and friends and enjoy lunch with us. We'll be showcasing a healthy cooking demo that you can utilize all summer long.

Aquatics

Adult Learn-to-Swim: Levels 1-3

Round 1: June 3 – July 1

Round 2: July 9 – August 12

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.

TRI-Swim: Level 4

Round 1: June 3 – July 1

Round 2: July 9 – August 12

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

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.

Aqua Babies Level 1

Round 1: June 3 – July 1

Round 2: July 9 – August 12

Tuesdays or Thursdays | 2:30 p.m. – 3:00 p.m.

Saturdays | 8:15 a.m. – 8:45 a.m.

& 2:00 p.m. – 2:30 p.m.

\$100 members/\$115 non-members

Give your baby an early start with this introductory class for parents with babies, ages 6 months to 3 years. Aqua Babies is Mercy Fitness Center's award-winning class in which each child has a parent to help them learn and grow in the water. This curriculum provides safe, fun, and progressive water skills for your little one, engaging them in songs, blowing bubbles, social interaction and water safety.

Aqua Babies Level 2

Round 1: June 3 – July 1

Round 2: July 9 – August 12

Tuesdays or Thursdays | 3:00 p.m. – 3:30 p.m.

Saturdays | 8:45 a.m. – 9:15 a.m.

& 2:30 p.m. – 3:00 p.m.

\$100 members/\$115 non-members

To learn more about Aquatics Programs:

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

Pilates

Pilates Reformer Private Demos

By appointment only

Cost is included with membership

Learn all about the Pilates Reformer platform and class options offered at Mercy Fitness Center. All fitness levels are welcome.

Pilates Reformer Reform and Restore Workshop

Saturday, June 9 | 1:00 p.m. – 3:00 p.m.

\$35 members/\$50 non-members

Sign up at the Customer Service Desk

This class will use both the Pilates Reformer and the mat for yoga poses. Incorporate balance and stability as and create mind and body awareness. All fitness levels are welcome.

Pilates Reformer Joint Restore

Round 1: June 3 – July 1

Round 2: July 9 – August 12

Tuesdays & Thursdays

10:00 a.m. – 10:50 a.m.

\$150 members/\$180 non-members

The method is a series of exercises designed to strengthen the whole body, restore joint function and improve posture, with an emphasis on spinal health.

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

Cindy Blair, GEX Supervisor
cblair@teamexos.com | 405.757.3324

Kids' Zone

Every week we are celebrating different themes in our Kids' Zone.

Visit our website at mercyfitness.net/kids-zone for a complete schedule of events.

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

Sherri Watson, Kids' Zone Manager
swatson@teamexos.com | 405.757.3312

Massage

Complimentary 10-minute Chair Massages

Meet and greet our massage therapist team and look out for our complimentary chair massage demo times at the Customer Service Desk. If you would like to ask more questions or receive more information on our different modalities, please fill out the Massage Request Form at the Customer Service Desk. You will be contacted within 48 hours.

Massage Starter Package

Buy 2 60-minute therapeutic massages for \$99! Get to know our highly qualified spa team and learn more about our various massage offerings.

Specialty Classes

8-Week Transformation Challenge

June 4 – August 5

Registration May 7 – June 4

\$160 members/ \$199 non-members

Join the first-ever EXOS Sports Performance and Mercy Fitness Center Transformation Challenge and make a real change in just 8 weeks! The challenge begins with an introductory class and nutrition planning session on June 4, followed by weekly small group training classes during the challenge. You'll get a complete body composition analysis at the beginning and end of the challenge to measure your success. Make this your summer of change – join the challenge today!

Summer Specialty Classes

June 4 – August 12

Registration starts May 7

Sign up for two classes and save 10% instantly!

Save the Date!

Fall Specialty Classes:

August 20 – October 14

Registration starts August 1

Watch the newsletter for Specialty Class schedule updates and sign up for something new!

Members Only

Member Referral Program

Members, bring a friend to work out! Ask about how you can earn account credit for membership and service referrals. Guests are required to sign a waiver and must be 18 years old or older. Children ages 14 to 17 must be accompanied by a parent or legal guardian.

Individual Wellness Pathway

By appointment only

Cost is included with membership

The Individual Wellness Pathway is an orientation and planning package for members. The Pathway begins with a "Define Your Now" personal passion and goal-setting session. Then, you'll develop a strategy to meet your goals and you'll join other members to learn more about Mercy Fitness Center. Finally, you can choose a personal training session or a small group training session to put your plan into action with the help of our degreed and certified EXOS Fitness Specialists.

Sign up for your Individual Wellness Pathway assessment today!
Offer valid for new members.

Sunrise Yoga

Mondays, Wednesdays & Fridays

5:30 a.m.

Included with membership

Start your day with Sunrise Yoga and improve flexibility and strength. Discover how the breath & body awareness of Yoga leads to an optimal state of mind, body and spirit. These stretching and breathing techniques can help relieve stress and relax the body, and what better way to start your day?


To learn more about Mind & Body programs at Mercy Fitness Center, contact:

Cindy Blair, GEX Supervisor

cblair@teamexos.com | 405.757.3324

CALL US: 405.757.3300

VISIT US: mercyfitness.net

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

Mercy 

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Edmond, OK 73013



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