



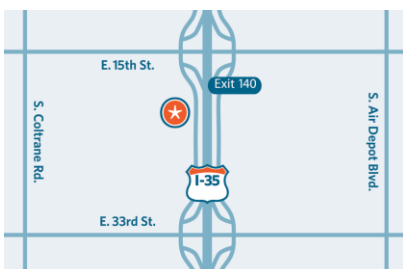
# Adult Functional Fitness

Saturdays in July (6, 13, 20, 27) at Sports Performance  
9 - 10 a.m.

Price: \$0 Members / \$25 Non-Members



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



Sports Performance is for everyone. We have learned a great deal training some of the best athletes in the world, and we have applied those same successful concepts to our adult group classes.

What makes us different? Our approach. Start off with a Functional Movement Screen to understand how you move, as well as any inefficiencies and imbalances. Our coaches will then provide individualized corrective solutions to address problem areas and take each member through their own personalized program to maximize results.

Schedule your FMS with a Membership Representative or one of the Sports Performance coaches before the July 6 class.