



Gear Up for Golf

Wednesdays in July (3, 10, 17, 24, 31)
6:30 - 7:20 a.m.

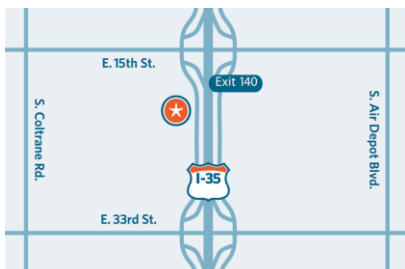
Location: Room 1

Instructor: Terri

Price: \$0 Members / \$10 Non-Members



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



A multi-faceted, 50-minute workout, Gear Up for Golf is designed to help golfers of every level strengthen and prepare their bodies for golf season.

Exercises will focus on cardio for overall fitness, core strengthening and toning, leg work to protect the knees, and upper body resistance training to increase strength and flexibility—all essential elements for a successful golf swing.

This class is great for everyone, so join us even if you only watch golf on TV!