



GET A HEALTHY START WITH FREE FITNESS SATURDAYS



ENJOY THE BENEFITS OF LOW-IMPACT CARDIO FITNESS CLASSES

WHAT: Free Fitness Classes
FOR: Anyone who wants to get healthy
WHEN: 10:00 a.m. - 11:00 a.m. every Saturday
WHERE: Florida Blue at the Markets at Town Center
4855 Town Center Pkwy
Jacksonville, FL 32246

COST: FREE

BENEFITS OF REGULAR EXERCISE

- Increases muscle strength and tone
- Raises metabolism and Increases weight loss
- Reduces stress, anxiety and depression
- Increases bone density
- Prevents many chronic diseases
- Improves sleep quality
- Enhances life expectancy

COME OUT AND TRY IT.

You have nothing to lose and everything to gain!

CHANGE YOUR BODY * CHANGE YOUR LIFE * CHANGE YOUR FUTURE