



# FREE FITNESS SATURDAYS



## ENJOY THE BENEFITS OF YOGA AND ZUMBA

**WHAT:** Free Fitness Classes

**FOR:** Anyone who wants to get healthy

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

**Yoga** offered 1st, 3rd and 5th Saturdays

**Zumba** offered 2nd and 4th Saturdays

**WHERE:** River City Marketplace Florida Blue Center  
13141 City Station Drive, #106  
Jacksonville, FL 32218

**COST:** FREE

## COME OUT AND TRY IT.

You have nothing to lose and everything to gain!

## BENEFITS OF YOGA

- Increased flexibility, muscle strength and tone
- Improved respiration, energy and vitality
- Weight reduction
- Cardio and circulatory health
- Enhanced mental well-being
- Reduced anxiety and depression

## BENEFITS OF ZUMBA

- Intensive calorie and fat-burning
- Improved coordination
- Aerobic and anaerobic exercise
- Full body workout
- Elevated energy and mood

CHANGE YOUR BODY \* CHANGE YOUR LIFE \* CHANGE YOUR FUTURE