



FREE FITNESS CLASSES

ENJOY THE BENEFITS OF CONSISTENT EXERCISE



SILVER SNEAKERS

Thursday 10–11 A.M.

Benefits

- Improves cardiovascular functioning
- Enhances immune system
- Protects against bone mass loss



ZUMBA

Saturday 2–3 P.M.

Benefits

- Burns calories and fat
- Improves coordination
- Elevates energy and mood

COME OUT AND TRY IT

You have nothing to lose and everything to gain.

River City Marketplace Florida Blue Center
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CHANGE YOUR BODY * CHANGE YOUR LIFE * CHANGE YOUR FUTURE