



# 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 11 A.M.–12 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  
13141 City Station Drive, #106 | Jacksonville, FL 32218

[BODYPARADOX.COM](http://BODYPARADOX.COM)

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