



## VIRTUAL FITNESS CLASS: CARDIO

Join the Florida Blue Pensacola Retail Center and the YMCA of Northwest Florida for our free virtual fitness class - Cardio! This class includes low-impact cardio and strength exercises. Suitable for all fitness levels!

Equipment needed: Chair, light weights, and resistance band (optional).

**Fridays at 11AM (CST)**

To RSVP, visit [facebook.com/floridabluehealth/events](https://facebook.com/floridabluehealth/events)



As a hub for a healthier life, the Florida Blue Centers connect neighbors like you to services, support and advice that help you achieve better health. As part of your community, we make it a priority to inspire and motivate you to take an active role in your health and wellness.