



Barre

Join us for a FREE low impact workout that incorporates lower, upper, and core exercises led by instructor Fabienne from YMCA of Northwest Florida! This class uses postures inspired by ballet and other disciplines like yoga and Pilates. Learn conditioning routines that help build flexibility and long, lean muscles. Get fit with us! Suitable for all fitness levels.

Every Friday | 9 a.m. - 10 a.m.

Florida Blue Center - Pensacola

1680 Airport Blvd, Pensacola, FL 32504

To attend this event, visit scheduler.floridablue.com or scan the QR code below.

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.



Scan the QR code to learn more.

1-850-202-4150
floridablue.com/center

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