

Florida Blue Healthy Living in 32114

Keep moving for better health! Check out these free or inexpensive group exercise classes and get fit with a friend.

*Schedule subject to change. Check venue websites for latest schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Renew Yoga Studio Community Yin Yoga Class 4:00-5:00PM</p> <p>\$5</p>	<p>2</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 10:30 AM Line Dancing 5:30PM Zumba 6 PM Cycle *Free for Members \$10 for non-members</p>	<p>3</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 10:30 AM Zumba 5:30PM Cardio Dance *Free for Members \$10 for non-members</p>	<p>4</p> <p>Dickerson Center Line Dancing 6:30-7:30 PM Seniors: 3-4 PM Cherry Center Line Dancing 6-7:30 PM \$2 for all ages</p>	<p>5</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 5:45 PM Cycle *Free for Members \$10 for non-members</p>	<p>6</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 10:30 AM Line Dancing 5:30PM Zumba *Free for Members \$10 for non-members</p>	<p>7</p> <p>Renew Yoga Studio Community Yoga Class 8:00-9:00AM</p> <p>\$5</p>
<p>8</p> <p>Renew Yoga Studio Community Yin Yoga Class 4:00-5:00PM</p> <p>\$5</p>	<p>9</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 10:30 AM Line Dancing 5:30PM Zumba 6 PM Cycle *Free for Members \$10 for non-members</p>	<p>10</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 10:30 AM Zumba 5:30PM Cardio Dance *Free for Members \$10 for non-members</p>	<p>11</p> <p>Dickerson Center Line Dancing 6:30-7:30 PM Seniors: 3-4 PM Cherry Center Line Dancing 6-7:30 PM \$2 for all ages</p>	<p>12</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 5:45 PM Cycle *Free for Members \$10 for non-members</p>	<p>13</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 10:30 AM Line Dancing 5:30PM Zumba *Free for Members \$10 for non-members</p>	<p>14</p> <p>Renew Yoga Studio Community Yoga Class 8:00-9:00AM</p> <p>\$5</p>
<p>15</p> <p>Renew Yoga Studio Community Yin Yoga Class 4:00-5:00PM</p> <p>\$5</p>	<p>16</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 10:30 AM Line Dancing 5:30PM Zumba 6 PM Cycle *Free for Members \$10 for non-members</p>	<p>17</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 10:30 AM Zumba 5:30PM Cardio Dance *Free for Members \$10 for non-members</p>	<p>18</p> <p>Dickerson Center Line Dancing 6:30-7:30 PM Seniors: 3-4 PM Cherry Center Line Dancing 6-7:30 PM \$2 for all ages</p>	<p>19</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 5:45 PM Cycle *Free for Members \$10 for non-members</p>	<p>20</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 10:30 AM Line Dancing 5:30PM Zumba *Free for Members \$10 for non-members</p>	<p>21</p> <p>Renew Yoga Studio Community Yoga Class 8:00-9:00AM</p> <p>\$5</p>
<p>22</p> <p>Renew Yoga Studio Community Yin Yoga Class 4:00-5:00PM</p> <p>\$5</p>	<p>23</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 10:30 AM Line Dancing 5:30PM Zumba 6 PM Cycle *Free for Members \$10 for non-members</p>	<p>24</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 10:30 AM Zumba 5:30PM Cardio Dance *Free for Members \$10 for non-members</p>	<p>25</p> <p>Dickerson Center Line Dancing 6:30-7:30 PM Seniors: 3-4 PM Cherry Center Line Dancing 6-7:30 PM \$2 for all ages</p>	<p>26</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 5:45 PM Cycle *Free for Members \$10 for non-members</p>	<p>27</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 10:30 AM Line Dancing 5:30PM Zumba *Free for Members \$10 for non-members</p>	<p>28</p> <p>Renew Yoga Studio Community Yoga Class 8:00-9:00AM</p> <p>\$5</p>
<p>29</p> <p>Renew Yoga Studio Community Yin Yoga Class 4:00-5:00PM</p> <p>\$5</p>	<p>30</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 10:30 AM Line Dancing 5:30PM Zumba 6 PM Cycle *Free for Members \$10 for non-members</p>	<p>31</p> <p>Holly Hill Y: 8AM Boot Camp 9:30AM Silver Fitness 10:30 AM Zumba 5:30PM Cardio Dance *Free for Members \$10 for non-members</p>	<div style="border: 1px solid black; padding: 10px;"> <p>Ask about the FBH Community Wellness Pass! Earn a free membership to the Holly Hill Y by attending three or more of our Health Living in 32114 events. *Contact us at 386.317.5767 or HealthyLiving@FBHCommunity.org for more info.</p> </div>			