

STAY CONNECTED AND GET FIT!



Presented by BlueShield of Northeastern New York

Join us
for
free
virtual
fitness
classes



WEDNESDAYS, JUNE 3—JULY 29

Fit in the City Facebook Community

Resistance Training with Metabolic

This efficient 45-minute workout will build muscle, burn fat, and improve heart health! High-intensity exercises and resistance training followed by short intervals of rest will keep your body burning calories long after class ends.

All fitness levels welcome!

Visit bsnenyfitinthecity.eventbrite.com to register online.

Sign up by June 1 and be entered to win an online gift card (winner chosen at random)!

Share your photos with us   

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