

# GET FIT THIS FALL



JOIN US FOR *free*  
OUTDOOR FITNESS  
CLASSES

**Wednesdays**  
**September 2 – October 28**  
5 p.m. • Glens Falls City Park  
*40 people per class maximum*



**REGISTRATION**

This full-body workout is made up of high-intensity exercises followed by short periods of rest to keep your body burning calories once class ends. All fitness levels welcome!

Visit [bsnenyfitinthecity.eventbrite.com](https://bsnenyfitinthecity.eventbrite.com) to register. Online class registration is free and required. Please cancel if you're feeling unwell. Classes will not be moved inside.

## TO KEEP YOU SAFE, PLEASE FOLLOW THESE GUIDELINES THE DAY OF:



CHECK IN WITH A  
BLUESHIELD OF  
NORTHEASTERN  
NEW YORK AMBASSADOR  
WHEN YOU ARRIVE



MAKE SURE YOU  
HAVE A MASK — THEY'RE  
REQUIRED BEFORE  
AND AFTER CLASS



IF YOU NEED A  
MASK, PLEASE ASK  
A BLUESHIELD  
AMBASSADOR  
FOR ONE



STAY WITHIN 6 FEET  
OF YOUR DESIGNATED  
WORKOUT STATION AND  
OTHER PARTICIPANTS  
AT ALL TIMES



BRING YOUR  
OWN WATER AND  
EQUIPMENT (YOGA  
MAT, TOWEL, ETC.)

*Class cancellations will be posted on BlueShield of Northeastern New York and City of Glens Falls social media accounts.*



BlueShield of Northeastern New York is a division of HealthNow New York Inc., an independent licensee of the Blue Cross and Blue Shield Association.



**SHARE YOUR PHOTOS WITH US**