

# Take Good Care: *Fitness for You!*

This fitness class is **FREE** to the public.  
Arkansas Blue Cross members and nonmembers are welcome.

## Dates

1/14 ■ 2/11 ■ 3/11 ■ 4/15 ■ 5/13 ■ 6/10 ■ 7/08 ■ 8/12  
■ 9/09 ■ 10/14 ■ 11/11 ■ 12/09



## Time

9:00 a.m.



## Location

Rogers ArkansasBlue  
Welcome Center  
4602 W. Walnut St



## Instructor

Crystal Stratis  
Owner of Garage Rats

arkansas blue  



RSVP today by scanning the QR code  
or calling 479-973-6675!

