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FLORIDA DEPARTMENT OF HEALTH IN MARION TO HOST FREE FITNESS CLASSES

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OCALA, Fla.—The Florida Department of Health in Marion County is offering free fitness classes this month for residents. The classes are part of a combined effort with Measure Up Marion to help people lead healthy lives. Classes include:

- Full body fitness (May 10 and May 24, 5:30-6:15 p.m.): Through a combination of cardiovascular exercises and resistance training, full body fitness will provide an opportunity to sculpt and tone.
- Cardio dance (May 16 and May 30, 5:30-6:15 p.m.): With easy, Latin-inspired moves, participants can burn calories and enjoy the fun side of fitness.

All classes will be held in the department's auditorium at its Ocala location (1801 SE 32nd Ave.) For more information or to participate, contact Jessie Driggers at 352-629-0137, ext. 2084.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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