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DEPARTMENT OF HEALTH IN MARION COUNTY TO HOST FREE FITNESS CLASSES

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OCALA, Fla.—The Florida Department of Health in Marion County is offering free fitness classes in October and November for residents. The classes are part of ongoing departmental efforts to help individuals lead healthy lives. Classes include:

- **Oct. 11 – Full Body Fitness**
- **Oct. 17 – Cardio Dance**
- **Oct. 25 – Full Body Fitness**
- **Nov. 1 – Full Body Fitness**
- **Nov. 7 – Cardio Dance**
- **Nov. 15 – Full Body Fitness**
- **Nov. 21 – Cardio Dance**
- **Nov. 29 – Full Body Fitness**

Full Body Fitness: Through a combination of cardiovascular exercises and resistance training, full body fitness will provide an opportunity to sculpt and tone. Class runs from 5:30 to 6:15 p.m.

Cardio Dance: With easy, Latin-inspired moves, participants can burn calories and enjoy the fun side of fitness. Class runs from 5:15 to 6 p.m.

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 352-644-2624.

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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