

FITNESS AND FUN!

CROSSROADS FAMILY FITNESS

Join us at Crossroads Family Fitness, a free yoga class to promote strength, alignment, flexibility, and relaxation. All ages and abilities welcome!



Giveaway!

Participants
will be
entered for
a chance
to win
a Fitbit!



Crossroads Family Fitness is brought to you by



**BlueCross BlueShield
of Kansas Foundation**



**HUMANITIES
KANSAS**