



BlueCross BlueShield of Alabama

FOR IMMEDIATE RELEASE
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Blue Cross and Blue Shield of Alabama Sponsors “Get Healthy on the Railroad” with Free Fitness Classes at Railroad Park

BIRMINGHAM, AL — Blue Cross and Blue Shield of Alabama is committed to helping Alabamians find ways to improve their overall health and wellness. Our company also recognizes that a healthier Alabama means lower healthcare costs. Blue Cross is a proud continued sponsor of "Get Healthy on the Railroad" by offering free fitness classes now being held **Monday through Friday at 6 p.m.** at Railroad Park in downtown Birmingham.

Class Schedule:

- Monday - *Crunk Fitness*
- Tuesday - *Bootcamp Group Experience*
- Wednesday - *Zumba*
- Thursday - *Yoga*
- Friday - *Happy Feet Fridays* (fast-paced walking)

For more information and a complete description of free classes being offered, please go to www.railroadpark.org and click on “events.”

About Blue Cross and Blue Shield of Alabama

Blue Cross and Blue Shield of Alabama has insured Alabamians for over 77 years. Blue Cross offers coverage plans to corporations, individuals and the senior market. For more information about Blue Cross, visit AlabamaBlue.com.

Blue Cross and Blue Shield of Alabama is an independent licensee of the Blue Cross and Blue Shield Association.