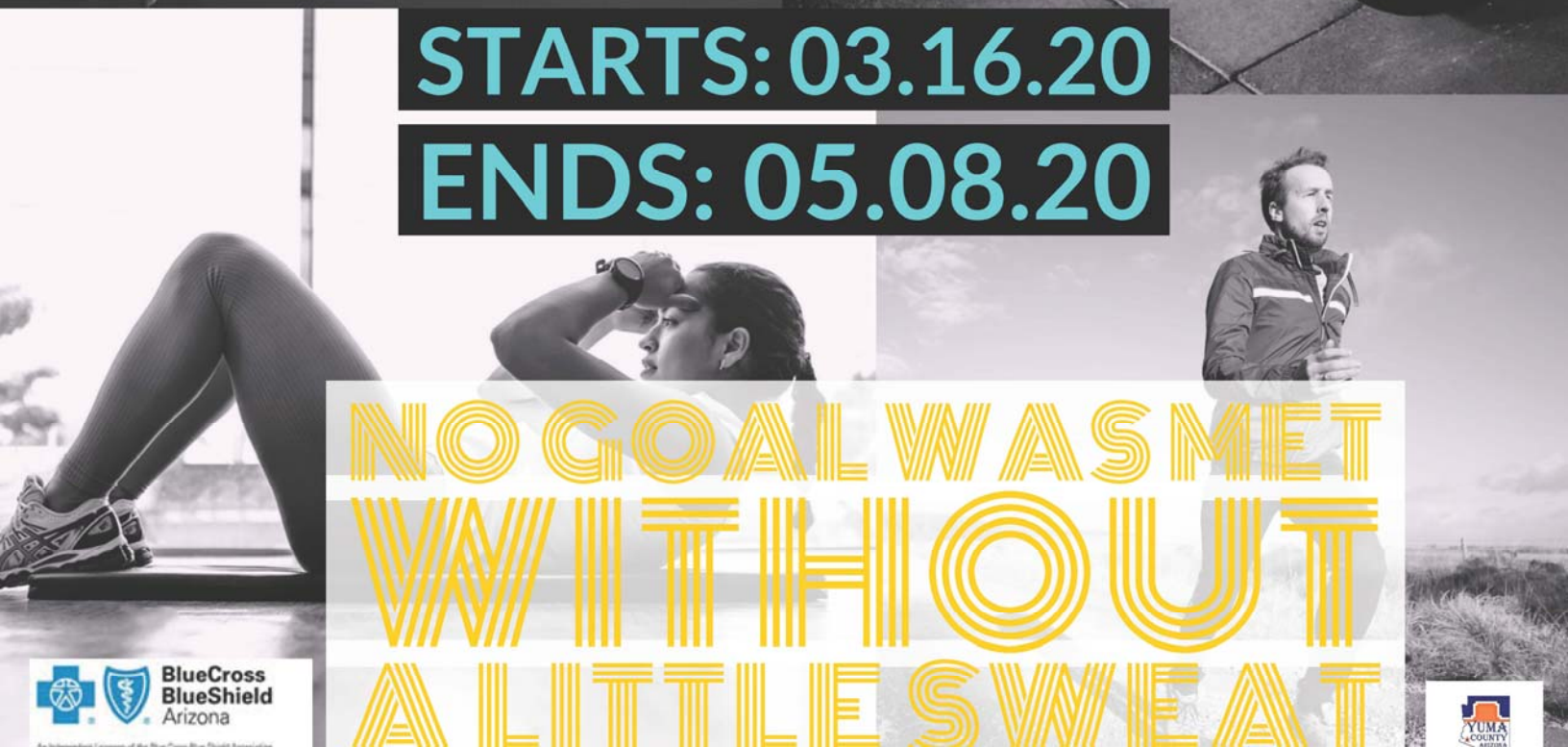
# SWEAT it to SHRED it

## YOUR CHALLENGE, YOUR WAY

8 WEEK FITNESS CHALLENGE

**STARTS: 03.16.20**

**ENDS: 05.08.20**



NO GOAL WAS MET WITHOUT A LITTLE SWEAT

BlueCross BlueShield Arizona

YUMA COUNTY ARIZONA