



TIME TO MOVE IT! CORE & MORE FITNESS CLASS

CERTIFIED INSTRUCTOR: CONNIE LEWIS



**CARTERET COUNTY PARKS & RECREATION
1702 LIVE OAK STREET, SUITE 300
BEAUFORT, NC 28516
252-808-3301**



**FUN AND ENERGETIC
CLASS SUITABLE FOR
ALL FITNESS LEVELS**

**EQUIPMENT IS
PROVIDED AND
INCLUDES HAND
WEIGHTS, STABILITY
BALLS, STEPS,
BANDS, BODY BARS,
MEDICINE BALLS,
KETTLE BELLS AND
MORE!!**

**CLASSES HELD AT
OLD BEAUFORT
ELEMENTARY SCHOOL
CAFETERIA 801
MULBERRY STREET**

**6:00 AM
MONDAY,
WEDNESDAY,
THURSDAY**

**3 CLASSES PER WEEK=
\$40/MONTH**

**2 CLASSES PER WEEK =
\$30/MONTH OR
\$5 DROP IN VISIT**