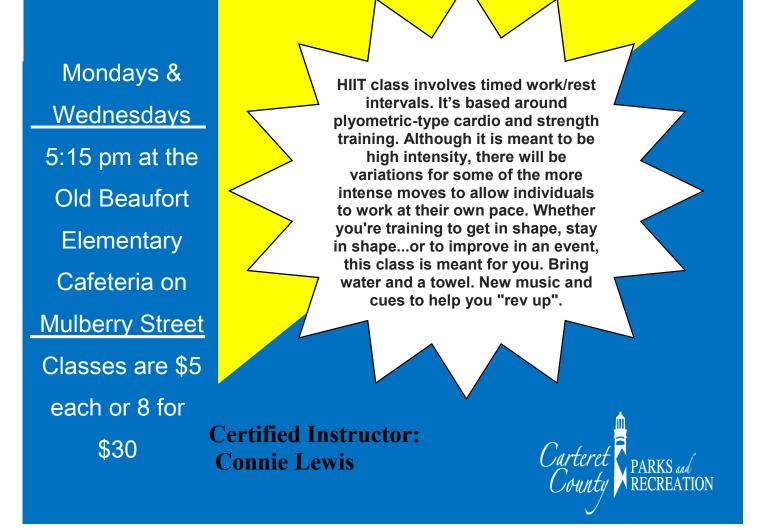
HIGH INTENSITY INTERVAL TRAINING

SWEAT PANT FEEL THE BURN LOSE THE FAT!



Carteret County Parks & Recreation • 1702 Live Oak Street Beaufort, NC 28516 • 252.808.3301