



"Take it Down a Notch" Chair/Mat Workout

LOCATION
Old Beaufort
Elementary School
Cafeteria
801 Mulberry Street
Beaufort, NC 28516

WHEN
Tuesday & Thursday
Mornings 9:30am

CLASSES ARE
\$5 drop in
or \$30 for 4
weeks



**Strength, stamina and balance
training with a gentler approach in a
45 minute workout**

**Mats are available or bring your own.
Bring a towel and bottle of water.**



**Classes conducted by Connie Lewis
ACE-certified personal trainer
conniesrunning@ymail.com**