



# NOW IS THE TIME! CORE & MORE FITNESS CLASS

Certified Instructor: Connie Lewis

For More Information Contact:

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[www.ccparksrec.com](http://www.ccparksrec.com)



FUN AND  
ENERGETIC CLASS  
SUITABLE FOR ALL  
FITNESS LEVELS.

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

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CLASSES HELD AT  
OLD BEAUFORT  
ELEMENTARY  
SCHOOL ON  
MULBERRY ST.

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6:15AM TUESDAYS,  
THURSDAYS &  
FRIDAYS

3 CLASSES PER  
WEEK = \$40/MONTH  
2 CLASSES PER  
WEEK = \$30 /MONTH  
OR \$5 DROP IN VISIT