



TIME TO MOVE IT! CORE & MORE FITNESS CLASS

Certified Instructor: Connie Lewis
Carteret County Parks & Recreation

1702 Live Oak St. Suite 300

Beaufort, NC 28516

ccpr.recdesk.com



**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 ON 801
MULBERRY ST.**

**6:15AM
MONDAYS,
WEDNESDAY,
THURSDAYS**

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