



# TIME TO MOVE IT! CORE & MORE FITNESS CLASS

Certified Instructor: Connie Lewis  
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[ccpr.recdesk.com](http://ccpr.recdesk.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 801  
MULBERRY ST.**

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**6:00 AM  
MONDAYS,  
WEDNESDAY,  
THURSDAYS**

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