



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 TUESDAYS,
THURSDAYS &
FRIDAYS

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