

CLASSES
Mondays &
Wednesdays
5:15pm-6:00pm



LOCATION
Carteret County
Parks & Recreation
1702 Live Oak St.
Beaufort, NC

COST
\$5 per class or \$30
for 8 classes

**CERTIFIED
INSTRUCTOR**
Connie Lewis

Visit our website
ccparksrec.com



**Classes
begin at our
new location
October 16**



HIIT is based on plyometric-type cardio and strength training incorporating intervals of work and rest. Although it is meant to be high intensity, there will be variations for some of the more intense moves to allow individuals to work at their own pace.

Whether you're training to get in shape, stay in shape or to improve in an event, this class is meant for you.

Bring water, towel and a mat.