

Core & More



*Fun and energetic fitness class fit for all levels,
working with light weights, stability balls & bands*

**Certified
Instructor:
Connie Lewis**



**Starting Date:
July 29, 2010
6:15 am**

Location: *Carteret County Parks & Recreation
1702 Live Oak Street
Beaufort, NC 28516
252-808-3301
website: ccparksrec.com
conniesrunning@ymail.com*



**FEES
\$30.00 FOR 4 WEEKS
CLASSES ON
TUESDAY & THURSDAY**

**REGISTRATION
REQUIRED**

