

Core & More



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

**Certified
Instructor:
Connie Lewis**



**Classes at
6:15 am**

Location: *Carteret County Parks & Recreation
1702 Live Oak Street
Beaufort, NC 28516
919-605-0021
website: ccparksrec.com
conniesrunning@ymail.com*



FEES
\$40.00 FOR 12 CLASSES ON
MONDAY, TUESDAY &
THURSDAY
PLEASE CONTACT
INSTRUCTOR TO REGISTER

