

# TONING TUESDAYS



EVERY TUESDAY  
0900-1000

## MCAS FITNESS CENTER HITT FACILITY OR BASKETBALL COURT

These interval style workouts are for all fitness levels. Children are welcome, however, on-site childcare isn't provided. Classes subject to cancellation based on participation.

For more information:

MCAS MCFTB at 843-228-6141 or MCAS Beaufort Fitness Center Front Desk at 843-228-7192.



Shadow Moss by  
Centex®



No Federal or DoD endorsement implied