



toning tuesdays

EVERY TUESDAY
0900-1000

fitness fridays

EVERY FRIDAY
0900-1000

MCAS BEAUFORT FITNESS CENTER **BASKETBALL COURT**

Tone your body with MCFTB and Semper Fit.
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, please contact Rebecca Thornton at
843-228-6793 / rebecca.f.thornton@usmc-mccs.org
or the MCAS Fitness Center at 843-228-7192.

Centex[®]



Disclaimer: No Federal or DoD endorsement implied



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**For more information, please contact Lisa Traver at
843-228-6141 or lisa.m.traver@usmc-mccs.org.**



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