



toning tuesdays

**EVERY TUESDAY
0900-1000**

fitness fridays

**EVERY FRIDAY
1000-1100**

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.**

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Disclaimer: No Federal or DoD endorsement implied



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BASKETBALL COURT

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843-228-6141 or lisa.m.traver@usmc-mccs.org.**



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