



toning tuesdays

EVERY OTHER TUESDAY 0900-1000
MCAS BEAUFORT FITNESS CENTER
BASKETBALL COURT

1/23, 2/6, 2/20, 3/6, 3/20, 4/3, 4/17, 5/1, 5/15,
5/29, 6/12, 6/26, 7/10, 7/24, 8/7, 8/21,
9/4, 9/18, 10/2, 10/16, 10/30, 11/13, 11/27, 12/11

Tone your body with MCFTB and Semper Fit.
The interval style workout is for all fitness levels.

Children are welcome, however, on-site childcare isn't provided.
Classes subject to cancellation based on participation.

For more information, contact:
843-228-6141 or lisa.m.traver@usmc-mccs.org.

Centex[®]



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