



# toning tuesdays

**NOW EVERY TUESDAY 0900-1000**  
**MCAS BEAUFORT FITNESS CENTER**  
**BASKETBALL COURT**

**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, please contact Lisa Traver at  
843-228-6141 or [lisa.m.traver@usmc-mccs.org](mailto:lisa.m.traver@usmc-mccs.org).**



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