



CAROLINA BEACH AEROBICS

Mondays	8:00-9:00 am	\$2.00	
Wednesdays	8:00-9:00 am	\$2.00	
Fridays	8:00-9:00 am	\$2.00	



This total body workout combines a 30 minute aerobics segment, along with a weight and abdominal workout (please bring your own 4-6 lb. dumbbells if you have them). This class is a fun and energizing way to exercise and is designed for all age and skill levels.

If you have any questions or would like information, please contact the Recreation Center at (910) 458-2977.

