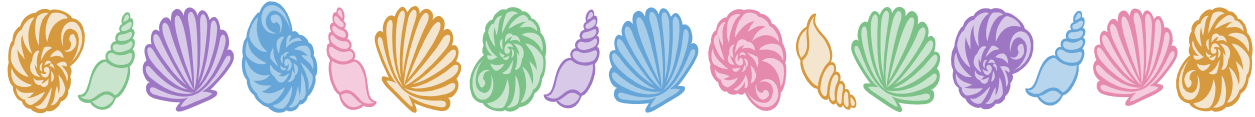


# Core By The Shore

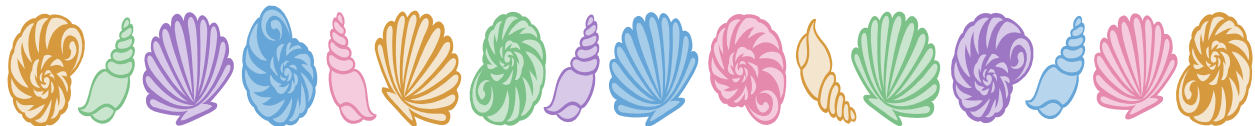


Join Jennifer Jackson at the **Carolina Beach Boardwalk Platform** overlooking the ocean for a Pilates body conditioning class. This class focuses on strengthening your core, lengthening your spine, increasing your body awareness and your balance to build muscle tone and flexibility into your everyday activities.

**Bring your own Pilates/ Yoga mat, towel and refreshment drink.** This class will meet every **Saturday from 8:00am until 9:00am.** The cost of this class is **\$8.00 per participant.**



***Classes are only held as weather permits!***



Feel free to contact the Recreation Center with any questions at 458-2977 or contact Jennifer at [jenn\\_jackson64@yahoo.com](mailto:jenn_jackson64@yahoo.com).

