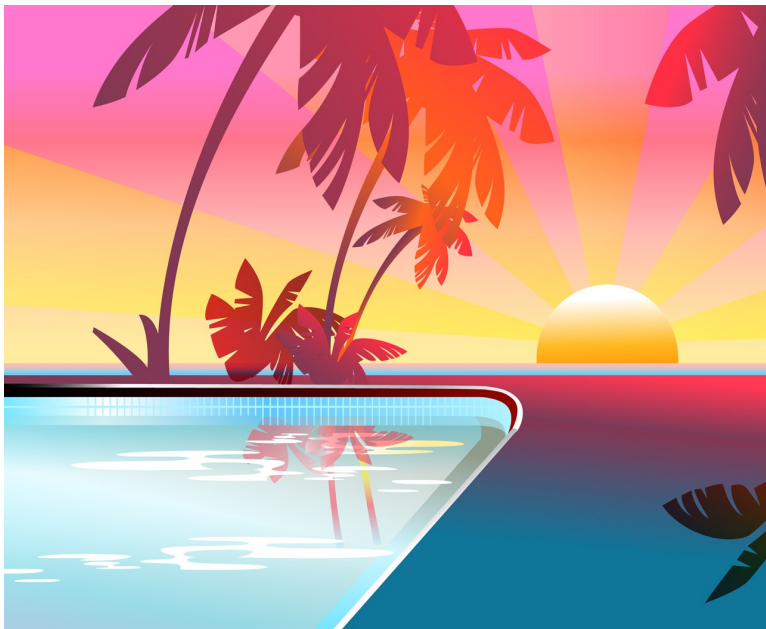


# Sunrise Pilates and Core Control

Join Beth LaPerriere at the Carolina Beach Boardwalk Platform for a Sunrise Pilates Class. Experience a low impact exercise that aligns your body posture, develops balance, builds long lean muscles and core abdominal strength.

**Tuesdays & Thursdays 8:30-9:30 am**  
**Wednesdays 6:45 - 7:45 am**



Core Control class incorporates life and sports specific core stabilization. Strengthen the inner core and prepare your body to excel in activities. Great class to learn safe and effective ways to protect your back and neck from injury. All levels are welcome.

**Tuesdays & Thursdays 6:00-7:00 am**



Please contact Beth to reserve your class spot. (910) 707-0561 or email [healthykidz@aol.com](mailto:healthykidz@aol.com)