



# TONING TUESDAYS

EVERY TUESDAY  
MCAS  
0900-1000

# FIT 4 ME

MCAS 1ST SATURDAY  
OF EVERY MONTH  
MCRD 3RD SATURDAY  
OF EVERY MONTH  
0830-0930

## MCAS/MCRD FITNESS CENTER BASKETBALL COURT OR HITT FACILITY

THESE INTERVAL STYLE WORKOUTS ARE 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 MCAS MCFTB AT 843-228-6141  
OR THE MCAS BEAUFORT FITNESS CENTER FRONT DESK AT 843-228-7192.

Shadow Moss by  
**Centex**<sup>®</sup>

