

Forever Fit

Workout with “CanDo Candy” and come join the fun!



Mondays, Wednesdays, and Fridays
11:00 am until Noon

- ✓ Led by a certified Personal Trainer & Group Exercise Instructor. This is a workout most everyone can do.
- ✓ Safe exercises for all fitness levels working on improved Cardio, Strength, Balance & Flexibility.
- ✓ Just bring your water bottle, wear your sneakers, & your smile.
 - ✓ Newbies and drop-ins are welcome any time.
 - ✓ \$4 per class for members
 - ✓ \$7 Day pass plus \$4 class fee for nonmembers

**For more information, call/text Candy at (508) 840-9730
Or call the Recreation Center at (910) 458-2977**

**Carolina Beach Recreation Center
1121-B N. Lake Park Blvd, Carolina Beach, NC 28428**

REPEAT AFTER ME:
“I CAN DO THIS”