

# BODY EDGE

**FITNESS SOLUTIONS**

Mon-Thu

6am-7pm

Fri 6am-3pm

Sat 7:00am-12:30pm

The **Silver Sneakers**  
Fitness Program



**FREE**

Memberships  
To Qualifying  
Seniors.

**DAY PASS \$12**  
**WEEK PASS \$30**



**Mom  
says,  
"don't  
stop  
until  
you  
reach  
the  
top!"**

Spin, Yoga,  
Zumba,  
Strength, Step,  
Core Combo and  
The Edge

Offering Nutrition Counseling  
**Class Schedule**

@ [www.cme2bfit.com](http://www.cme2bfit.com)

**910-575-0975**

**6741 Beach Drive, Ocean Isle Beach**

*(Next to Roberto's Italian Restaurant)*