

Welcome to Cape Fear Fitness!

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1513-14 N. Howe Street

Southport, NC 910-457-0085 Choose to Live a Long and Vibrant Life...YOU HAVE THE POWER. Meet Our Staff! Bill Lester

Sales Consultant

Personal Trainer Matt Slaughter

Personal Trainer Mike Rea

Sales Consultant

Personal Trainer Gemma Quinn

Sales Consultant

Personal Trainer Marlette Thompson

Sales Consultant Laureen Larrow

Manager