



# **KINGSTON RECREATION OLDER ADULT FITNESS With HELEN MALO!!**



**WHO? : Any Older Adult 55 +.**

**WHAT? : Fun & social low impact  
aerobic activity program.**



**WHERE? : NEW LOCATION**

**Kingston FIRE HALL — SPARKY ST.**

**WHEN? : Tues/Thurs 10am - 11am**

**Beginning TUESDAY NOV 6TH @ 10AM**

**Cost: \$42.00 Or \$4 per class UNTIL MID DECEMBER  
UPDATED PRICING FOR JANUARY 2019 SESSION**

**—Sign up at the Village Office or give us a call at 902-765-2800.**

**Email : [recreation@kingstonnovascotia.ca](mailto:recreation@kingstonnovascotia.ca)**