



KINGSTON RECREATION OLDER ADULT FITNESS With HELEN MALO!!



WHO? : Any Older Adult 55 +.

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



**WHERE?: Kingston FIRE HALL —
SPARKY ST.**

**WHEN? : Tues/Thurs 10am - 11am
Beginning TUESDAY Sept 3rd @ 10AM**

**Cost: \$4 per class or \$30 for a 10 class Punch Card
—Sign up at the Village Office or give us a call at 902-765-2800.
Email : recreation@kingstonnovascotia.ca**