

# KINGSTON REC— OLDER ADULT FITNESS



**w/COVID19 Restrictions**

**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 OCT 5TH @ 10AM**

**Cost: \$4 per class or \$30 for a 10 class Punch Card**

**PROOF OF VACCINATION REQUIRED —  
NS PROVINCIAL HEALTH**

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

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