



# **KINGSTON RECREATION OLDER ADULT FITNESS PROGRAM.**



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

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

**WHERE?: Kingston Royal  
Canadian Legion**



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

**Beginning Tuesday Jan 24th at 10am**

***Cost: \$20.00/person for winter/spring Session***

**Or \$2 per class –Try 1 class for free & bring a friend**

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

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