

# AEROBIC/ BOOTCAMP HYBRID CLASS



**Who:** Sandye – CanFit Pro FIS

**What:** Traditional aerobic-styled class combined with strength exercises, finishing with core and stretching, suitable for all ages and levels of fitness

**Where:** Kingston Firehall, Sparky Street, Kingston

**When:** Thursdays 6pm (Sept 14 to Oct 19)

**Why:** Energetic and high energy that will leave you feeling amazing and strong



6 sessions = \$30  
Sign-up at the Village of  
Kingston Office  
Mon-Fri 8am-4pm- 655 Main St.

If you are unable to make it in; e-mail  
[recreation@kingstonnovascotia.ca](mailto:recreation@kingstonnovascotia.ca)

