

Aerobics Class

7:15pm – 8:15pm

Tuesdays – Kingston Legion

Thursdays – Kingston Firehall

Join us anytime for this low-impact, high energy class that will work your heart (cardio), muscles (strength), and flexibility.

This class offers modification options, and is suited for all fitness levels and ages.

Sandye, CanFitPro Fitness Instructor Specialist

Starting Tuesday, January 10

Drop in: \$5

10 class punch card: \$40



Purchase punch card at the Village of Kingston Office or with Sandye at class
655 Main St. 902-765-2800