



Functional Fitness



with Nicole Philpitt BKin, CSEP-CEP


A low impact adult exercise class with a focus on functional training through light resistance and cardio.

All abilities welcome!



 **Weds 9:30-10:30 am**

 **April 30rd-June 25th**
(no class May 21st)

 **\$60 for 8 weeks**
(no drop-in)

 **Kingston Firehall,**
570 Sparky Street

 For more information regarding the class please contact Nicole at ndpexprescription@gmail.com

REGISTER:
KINGSTON VILLAGE OFFICE
655 MAIN STREET

902-765-2800 

Mon- Fri 8:00am- 4:00pm 

recreation@kingstonnovascotia.ca 