



MADE TO MOVE

with Karly Maroun
BKinH, CSEP-CEP



About

A moderately-challenging, energetic class focused on improving strength and endurance with resistance exercises and aerobic components. All levels and abilities welcome!

Details

Wednesday's 5-6PM **OR** Wednesday's 6-7PM
Sept 20 - Nov 8
\$65 (no drop-in) for 8-weeks
Kingston Fire Hall, 5780 Sparky St., Kingston



Registration Information:
Register at the Kingston Village Office
655 Main Street
Cash, Cheque or Debit payments only
Monday – Friday 8:00am – 4:00pm
Any questions contact Karly at maroun.karly@gmail.com