

Made To Move

With Karly Maroun, BKinH, CSEP-CEP

A moderately-challenging, energetic class focused on improving strength and endurance through body weight and resistance training. All levels and abilities welcome!

Wednesday's 6-7PM

April 12th - June 7th (no class April 26th)

\$60 (no drop-in)

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

