



# 50+ FITNESS CLASSES

with Helen & Karen

10:00 - 11:00 AM

Tuesdays, Wednesdays  
& Thursdays

September 12 - December 14, 2023

Kingston Firehall

(Sparky ST.)

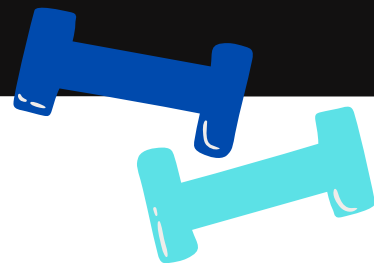


## PASS CARDS:

10 CLASSES = \$40

20 CLASSES = \$80

Purchase pass cards at the  
Village of Kingston Office  
655 Main St.



\$5  
Drop in

