



KINGSTON RECREATION OLDER ADULT FITNESS w/COVID19 Restrictions



WHO? : Any Older Adult 55 +.

**WHAT? : Fun & social low impact
aerobic activity program.**



**WHERE? : KINGSTON FIRE HALL
SPARKY ST.**

WHEN? : Tues/Thurs 10am - 11am

Beginning TUESDAY Sept 28th @ 10AM

Cost: \$4 per class or \$30 for a 10 class Punch Card

- Sign up at the Village Office or give us a call at 902-765-2800.

Email : recreation@kingstonnovascotia.ca