

Village of Kingston Recreation • 902-765-2800



**TRY AN ADULT  
AEROBICS CLASS.  
WEDNESDAYS  
10AM - 11AM**

**YOUR INSTRUCTOR IS HELEN MALO  
MORE CARDO • MORE IMPACT  
MORE INTENSITY**

**STARTING:  
January 13th  
KINGSTON LEGION  
1472 VETERANS LN.**

**COST: \$4 per class - Drop in fee**

**PRE - Register at the Kingston Village Office • 655 Main St.**

ALL COVID -19 RESTRICTIONS APPLY - WHILE PARTICIPATING IN PROGRAM