

AEROBIC/ BOOTCAMP HYBRID CLASS



Who: Sandye – CanFit Pro FIS

What: Traditional aerobic-styled class combined with strength exercises, finishing with core and stretching, suitable for all ages and levels of fitness

Where: Kingston Firehall, Sparky Street

**When: Thursdays, 6pm
January 11 - February 15**

Why: Energetic and high energy that will leave you feeling amazing and strong

6 sessions = \$30 or Drop-in = \$7

Sign-up at the Village of
Kingston Office

Mon-Fri 8am-4pm- 655 Main St.



If you are unable to make it in; e-mail
recreation@kingstonnovascotia.ca for
more information

