

KINGSTON REC— **FIT & FUN FITNESS CLASS**



w/COVID19 Restrictions
With HELEN & KAREN!!



WHO?

: Any Older Adult 55 +.

WHAT?

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



WHERE?

**: KINGSTON FIRE HALL
SPARKY ST.**

WHEN?

:Tues/Wed & Thurs 10am - 11am

RE-STARTING TUESDAY FEB 15TH @ 10AM

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

PROOF OF VACCINATION REQUIRED —

MAX 23 PARTICIPANTS PER CLASSES

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

Email : commdev@kingstonnovascotia.ca