

In Celebration of the

Free!

60TH ANNUAL STEER BBQ :



FITNESS *in the* **PARK**

With
**HELEN
MALO**

TUESDAY, WEDNESDAY & THURSDAY

JULY 10TH, 11TH and 12TH

10:30AM—12NOON EACH DAY

**BRING A
YOGA
MAT
IF YOU
HAVE
ONE.**

CENTENNIAL PARK, KINGSTON



1489 Westwood St Kingston