

Kingston Parks & Recreation

FIT AT THE FORT!

SATURDAY, MAY 15

**FROM 8AM - 1PM AT THE
SOUTHWEST POINT
AMPHITHEATER**

**MORE INFORMATION PLEASE CALL
THE KINGSTON COMMUNITY CENTER:**

(865) 376 9476

CLASS SCHEDULE:

8-8:30 BARRE WITH NOELLE MONEY/WATTS BARRE

8:45-9:15 SILVER SNEAKERS/ LISA STOOKSBURY/

FOUST

9:30-10:00 YOGA/j+E YOGA

10:15-10:45 ZUMBA/ZUMBA 865 WITH CANDICE

NEWBY

11:00-11:30 HIGH FITNESS/ HIGH FITNESS 865

**11:45-12:30 POUND, BOUNCE, & STRONG
KAY HOUSER**



**WILL BE ON LOCATION SERVING
UP DELICIOUS TEAS & SHAKES!**