

Change4Life Kingston presents...



FREE!

StreetFit - the perfect workout for young people

Thursdays, 4.15pm-5.15pm, Piper Hall, Kingston

Zumba/Salsa - a less strenuous version for beginners/improvers

Thursdays, 5.30pm-6.15pm, Piper Hall, Kingston

Change4Life Kingston: 020 82969747 or c4l@ymcalsw.org

