



KINGSBURY CLUB  
KINGSTON

# KIDS CLASSES

MOVE. PLAY. GROW.

STARTING SEPTEMBER 12

Every Saturday we offer **FREE** (to members)  
kids classes for **Ages 5+!**  
(Non-members \$20/day)



## KIDS YOGA

— WITH YOGI HEATHER —



**9:45 – 10:15 AM**  
DOWNSTAIRS STUDIO



## KIDS FITNESS

WITH CERTIFIED TRAINER  
LEE HAMILTON



**10:15 – 11:00 AM**  
ON THE TURF



KINGSBURYCLUB.COM



KINGSBURY CLUB



781.585.3883