



March 19, 2020 UPDATES:

**KINGSTON FITNESS UPDATE:**

Hello Kingston Fitness Family! We miss your smiling faces and look forward to seeing you soon. Until then...

Are you staying active? Hydrated? Eating Healthy?

We are uploading a few videos today to get you motivated, moving and warmed up for your at home workout. Add our Exercise of the day to your own workout. Continue to check out our Video Tab as we post Exercises of the Day!

Remember: You can use water bottles for some light weights or even body weights. The most important thing is to keep moving!

We are ALL in this together and as a family will stay strong!!

~Kingston. Fitness Staff~