

# DANCE CARDIO AND STRETCHING

Presented by: Cove Senior Citizens Association as a  
component of the STRONG SENIOR Fitness Program



Fall 2018 Session # 3 Dates: November 19<sup>th</sup>, 26<sup>th</sup> and December 3<sup>rd</sup>, 10<sup>th</sup> and 17<sup>th</sup>

- Cost: \$4 drop in, or \$15 for a 5-class series
  - Schedule: Mondays at 9-10:00 am
- Location: Baptist Church at 707 Main Street

*For more information, please contact Amy Hassinger at 541-910-8803*

