

STRONG SENIORS FITNESS

Presented by: Cove Senior Citizens Association



- Holiday Session Dates: November 24th, December 1st, 3rd, 8th, 10th, 15th, 17th (2016 Session begins January 5th)
 - Cost: \$4 drop in, or \$20 for seven-class series
 - Schedule: Tuesdays and Thursdays at 9:00 am
 - Location: Baptist Church at 707 Main Street

Classes focus on enhancing strength, balance, flexibility, and relaxation. Participants are required to complete a health questionnaire and consent form. These forms and other information on Cove's Senior programs can be found online at: <http://coveoregon.org/cove-senior-citizens/>. For more information, please contact Andrea Mallory at 541-910-3159