

STRONG SENIORS FITNESS

Presented by: Cove Senior Citizens Association



- Fall 2016 Session Dates: October 4th, 6th, 11th, 13th, 18th, 20th, 25th, 27th and November 1st and 3rd
 - Cost: \$4 drop in, or \$30 for a 10-class series
 - Schedule: Tuesdays and Thursdays at 9-10:00 am

Class Series includes a free Senior Fitness Test evaluation, which includes seven tests covering lower and upper-body strength, aerobic endurance, lower and upper-body flexibility, agility, and balance. These tests help identify weaknesses that cause mobility problems, develop exercise programs that improve functional fitness and prevent future mobility issues, as well as evaluate progress in the fitness program. 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