

DANCE CARDIO AND STRETCHING

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



Fall 2018 Session # 1 Dates: October 15th, 22nd, 29th, and November 5th and 12th

- 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

