

# DANCE CARDIO AND STRETCHING

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



Winter Session # 1 Dates: January 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, and February 4<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