

# STRONG SENIORS

## FITNESS

Presented by: Cove Senior Citizens Association



Winter 2019 Session # 1 Dates: January 8<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup>, 17<sup>th</sup>, 22<sup>nd</sup>, 24<sup>th</sup>, 29<sup>th</sup>, 31<sup>st</sup>, and February 5<sup>th</sup> and 7<sup>th</sup>

- Cost: \$4 drop in, or \$30 for the 10-class series
- Schedule: Tuesdays and Thursdays at 9-10:00 am
- Location: Baptist Church at 707 Main Street

*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*

*Amy Hassinger at 541-910-8803*