

# DANCE CARDIO AND STRETCHING

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



Winter 2019 Session # 2 Dates: February 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, and March 4<sup>th</sup> and 11<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*

