

DANCE CARDIO AND STRETCHING

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



Spring 2019 Session # 1 Dates: March 18th, **no class on March 25th due to spring break,**
April 1st, 8th, 15th and 22nd

- Cost: \$4 drop in, or \$15 for a 5-class series
 - Schedule: Mondays at 8-9:00 am
- Location: Baptist Church at 707 Main Street

For more information, please contact Amy Hassinger at 541-910-8803

