

# DANCE CARDIO AND STRETCHING

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



Spring 2019 Session # 2 Dates: April 29<sup>th</sup>, May 6<sup>th</sup>, 13<sup>th</sup>, and 20<sup>th</sup>

- Cost: \$4 drop in, or \$12 for this 4-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*