

DANCE CARDIO AND STRETCHING

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



Fall Session # 1 Dates: September 9th, 16th, 23rd, and 30th

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