

DANCE CARDIO AND STRETCHING

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



Fall 2019 Session # 2 Dates: October 7th, 14th, 21st, 28th, November 4th

- 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