

DANCE CARDIO AND STRETCHING

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



Fall 2019 Session # 3 Dates: November 11th, 18th, 25th, and December 2nd and 9th

- 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