

DANCE CARDIO AND STRETCHING

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



Winter 2020 Session # 1 Dates: January 6th, 13th, 20th, 27th, and February 3rd

- Cost: \$4 drop in, or \$15 for a 5-class series
- Schedule: Mondays at 9-10:00 am

**• New Location: Ascension School at 1104 Church Street – We will meet
in the new Coe Kerr building**

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