

# DANCE CARDIO AND STRETCHING

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



Winter 2020 Session # 2 Dates: February 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, and March 2<sup>nd</sup> and 9<sup>th</sup>

- 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*