

DANCE CARDIO AND STRETCHING

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



Spring 2020 Session # 1 Dates: March 16th, NO CLASS DURING SPRING BREAK, 30th,
April 6th, 13th, and 20th

- Cost: \$4 drop in, or \$15 for a 5-class series
- Schedule: Mondays at 8-9:00 am

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