

# STRONG SENIORS FITNESS

Presented by: Cove Senior Citizens Association



**Fall 2021 Session Dates: September 15<sup>th</sup>, 17<sup>th</sup>, 22<sup>nd</sup>, 24<sup>th</sup>, 29<sup>th</sup> and  
October 6<sup>th</sup>, 8<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, and 20<sup>th</sup>**

- Cost: \$4 drop in, or \$30 for a 10-class series
- Schedule: Wednesdays and Fridays at 9:30 -10:30 am
- Location: Cove Ascension School at the Coe Kerr Building
  - Address: 1104 Church Street

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