

STRONG SENIORS FITNESS

Presented by: Cove Senior Citizens Association



Fall 2022 Session # 1 Dates: September 7th, 9th, 14th, 16th, 21st, 23rd, 30th and October 5th, 7th and 12th

- 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