

# STRONG SENIORS FITNESS

Presented by: Cove Senior Citizens Association



Winter 2022 Session # 1 Dates: December 2<sup>nd</sup>, 7<sup>th</sup>, 9<sup>th</sup>, 14<sup>th</sup>, 16<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>,  
30<sup>th</sup>, and January 4<sup>th</sup> and 6<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*