

**JEFFERSON COUNTY DEPARTMENT OF PARKS AND RECREATION  
WEDNESDAY SENIOR STRENGTH AND BALANCE SCHEDULE  
HIGH RIDGE CIVIC CENTER  
OCTOBER 2017**

**OCTOBER 4 – 9:30 TO 10:30 AM**

**OCTOBER 11 – 9:30 TO 10:30 AM**

**OCTOBER 18 – 9:30 TO 10:30 AM**

**OCTOBER 25 – 9:30 TO 10:30 AM**

**(NEXT CLASS BEGINS WEDNESDAY, NOVEMBER 1, 2017)**

**PLEASE CALL OUR PROGRAM CANCELATION HOTLINE IN CASE OF BAD  
WEATHER – (636) 797-6101**