

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

SEPTEMBER 6 – 9:30 TO 10:30 AM

SEPTEMBER 13 – 9:30 TO 10:30 AM

SEPTEMBER 20 – 9:30 TO 10:30 AM

SEPTEMBER 27 – 9:30 TO 10:30 AM

(NEXT CLASS BEGINS WEDNESDAY, OCTOBER 4, 2017)

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