



Allies by the Sea Active Gamers (Exercise Group)



Boring workouts are a thing of the past! Join us every Thursday, where we stay fit by playing games! (Games included, but not limited to: cornhole, ladder ball, musical chairs, dodgeball with soft balls, baseball, basketball, hula hooping, capture the flag, pool, etc)

When:

Thursdays 10am - 12pm

Where:

Lane Community College
3149 Oak Street, Florence, OR 97439
Room 130

What to bring:

Water bottle and comfortable clothes
(Games are provided)

Please complete referral form at:

<https://www.allies-llc.org/oregoncoast-dsa-referral-form>

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