



SENIOR APPRECIATION DAYS

TUESDAYS & THURSDAYS

Tuesdays and Thursdays are our Senior Appreciation Days!
Seniors, age 62+, are welcome to use our facility at no cost. Come
and join us! (Classes not included)

Please see the front desk for your contactless Senior pass!



**Now with all day
use!**

7am – 7pm

**Indoor Walking
Track**

Basketball Courts

**Cardio and Weight
Rooms**

**All at NO COST to
you!**

COOMES RECREATION CENTER

300 Stanley Street
Abingdon, VA

24210

276-623-5279

www.coomescenter.com