

Somerville Council on Aging Exercise



Fit-4-Life

***Mondays, September 12th, 19th & 26th and
Every Wednesday morning at 9:00am***

LBT Exercise Class

***LBT Thursday Evenings via Zoom, September 15th & 22nd at 6:00pm
LBT Thursday Evening in Person, September 8th at 6:00pm***

Strength & Balance General Exercise

***Monday, September 12th and Wednesdays, September 7th & 14th
at 11:00am***

Virtual Exercise Class

***Every Monday (except September 5th) and Wednesday afternoon at
1:00pm via Zoom***

***In person classes are held at the Holland Street Center
167 Holland Street***

Each class focuses on strength, balance and flexibility and
is a great way to keep moving and stay strong.

For more information, please call **Connie**
at **617-625-6600 ext. 2319** or email at
clorenti@somervillema.gov