

Somerville Council on Aging  
**February Exercise Schedule**



**Fit-4-Life at 9:00am and 11:00am – Holland St. Center**

**Mondays, February 6<sup>th</sup>, 13<sup>th</sup> & 27<sup>th</sup>**

**Wednesdays, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>**

*167 Holland Street, Somerville, MA 02144*

**Virtual Fit-4-Life at 1:00pm**

**Wednesdays, February 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup>**

**Thursdays, February 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup>**

**Via Zoom with Phelan**

**LGBTQIA+ Exercise Class at 6:00pm**

**Thursdays, February 16<sup>th</sup> & 23<sup>rd</sup> via Zoom**

**Thursday, February 9<sup>th</sup> in person – Holland St. Center**

**Members of the LGBTQIA+ community and allies welcome!**

**Fit-4-Life at 2:30pm – Ralph and Jenny Center**

**February, February 6<sup>th</sup> & 27<sup>th</sup>**

*9 New Washington Street, Somerville, MA 02143*

**Virtual Strength & Balance Class at 1:00pm**

**Mondays, February 6<sup>th</sup>, 13<sup>th</sup> & 27<sup>th</sup>**

**Via Zoom with John**

**Each class will focus on strength, balance and flexibility and is a great way to keep moving, stay strong and develop healthy habits.**

**Every class is open to all levels!**

*For more information or for Zoom links, please call Phelan at 617-625-6600 ext. 2315, or email [phowell@somervillema.gov](mailto:phowell@somervillema.gov)*