

Somerville Council on Aging  
**January Exercise Schedule**



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

**Mondays, January 9<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>**

**Wednesdays, January 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>**

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

**Wednesdays, January 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>**

**Thursdays, January 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup>**

**Via Zoom with Phelan**

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

**Thursdays, January 5<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> via Zoom**

**Thursday, January 12<sup>th</sup> in person – Holland St. Center**

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

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

**Mondays, January 23<sup>rd</sup> & 30<sup>th</sup>**

*9 New Washington Street, Somerville, MA 02143*

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

**Mondays, January 9<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>**

**Via Zoom with John**

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