

Somerville Council on Aging
March Exercise Schedule



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

Mondays, March 6th, 13th, 20th & 27th

Wednesdays, March 1st, 8th, 15th, 22nd & 29th

167 Holland Street, Somerville, MA 02144

Virtual Fit-4-Life at 1:00pm

Wednesdays, March 1st, 8th, 15th, 22nd & 29th

Thursdays, March 2nd, 9th, 16th, 23rd & 30th

Via Zoom with Phelan

LGBTQIA+ Exercise Class at 6:00pm

Thursdays, March 2nd, 16th, 23rd & 30th via Zoom

Thursday, March 9th in person – Holland St. Center

Members of the LGBTQIA+ community and allies welcome!

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

Mondays, March 6th, 20th & 27th

9 New Washington Street, Somerville, MA 02143

Virtual Strength & Balance Class at 1:00pm

Mondays, March 6th, 13th, 20th & 27th

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