



The Somerville
Council on Aging

July Exercise Schedule



Fit-4-Life – Holland St. Center

9:00am and 11:00am – Mondays, July 10th, 24th & 31st

9:00am – Wednesday, July 26th

11:00am – Fridays, July 7th, 14th & 28th

167 Holland Street, Somerville, MA 02144

Virtual Fit-4-Life at 1:00pm

Wednesday, July 26th

Thursdays, July 6th, 13th & 27th

Via Zoom with Phelan

LGBTQIA+ Exercise Class at 6:00pm

Thursdays, July 6th & 27th via Zoom

Thursday, July 13th in person – Holland St. Center

Members of the LGBTQIA+ community and allies welcome!

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

Mondays, July 24th & 31st

9 New Washington Street, Somerville, MA 02143

Virtual Strength & Balance Class at 1:00pm

Mondays, July 10th, 17th & 24th

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