



CARDIO THROWBACK

Get moving and grooving while enjoying hits of the past. Inspired by retro aerobic legends such as Richard Simmons, Jane Fonda, and Billy Blanks of Tae Bo, this class will blend dance, aerobics, and martial arts in a simple yet effective way.

Featuring low impact and easy to follow moves with gentle strength training, you'll enjoy "sweatin' to the oldies" in no time!



**Friday, March 7th, 14th, and 21st at
9:00am at the Holland Street Center.**

**For more information and to register,
contact Michelle Deutsch at 617-625-6600 x2315**



Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.



The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at somerviva@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.