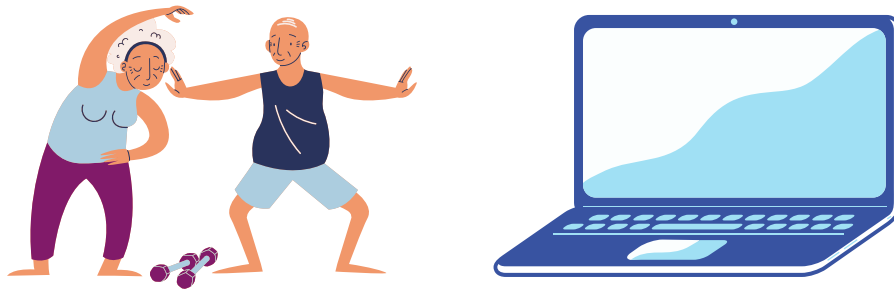




# Virtual General Exercise



Enjoy SCOA's signature General Exercise class in the comfort of your home! Simply click a zoom link to join the live class online. This is a chair-based workout with the option to use light handheld weights and supported standing strength and balance activities. Enjoy easy-to-follow cardio, strength training, mobility, and flexibility patterns. Practice functional fitness and activities of daily living to help maintain an independent lifestyle.

Every Wednesday and Thursday  
in September at 1:00pm on Zoom

E-mail Michelle at [mdeutsch@somervillema.gov](mailto:mdeutsch@somervillema.gov)  
for the Zoom Link



**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](mailto: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 [languageaccess@somervillema.gov](mailto:languageaccess@somervillema.gov) or call 311 (617-666-3311) at least 7 days in advance of this event.