



# LGBTQIA+ Virtual Exercise Class



This is an online version of the General Exercise class that welcomes the LGBTQIA+ community and alliances. Enjoy seated exercises with the option to use dumbbells and work on standing strength and balance. This easy-to-follow workout focuses on functional fitness to help maintain an independent and active lifestyle.

Every Thursday at 5:30pm on Zoom,  
no class on November 27<sup>th</sup>

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.