



LGBTQIA+ Virtual General Exercise



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.

Thursdays at 5:30pm on Zoom,
no class on December 25th



E-mail Michelle at 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.

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 or call 311 (617-666-3311) at least 7 days in advance of this event.