



General Exercise at the Holland Street Center



Add some movement to your day!

General Exercise is a chair-based fitness class with supported standing strength training and balance. We use a play ball, handheld weights and resistance band to work on functional and therapeutic movement patterns. Enjoy moving to music while doing easy-to-follow cardio, mobility, strengthening and stretching exercises.



Mondays, January 5th and 26th at 9:00am and 11:00am.

Wednesday, January 7th at 9:00am and 11:00am.

Wednesdays, January 21st and 28th at 9:00am only.

No classes on Monday, January 12th,

Wednesday, January 14th and Monday, January 19th

**For more information
contact Michelle 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 languageaccess@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.