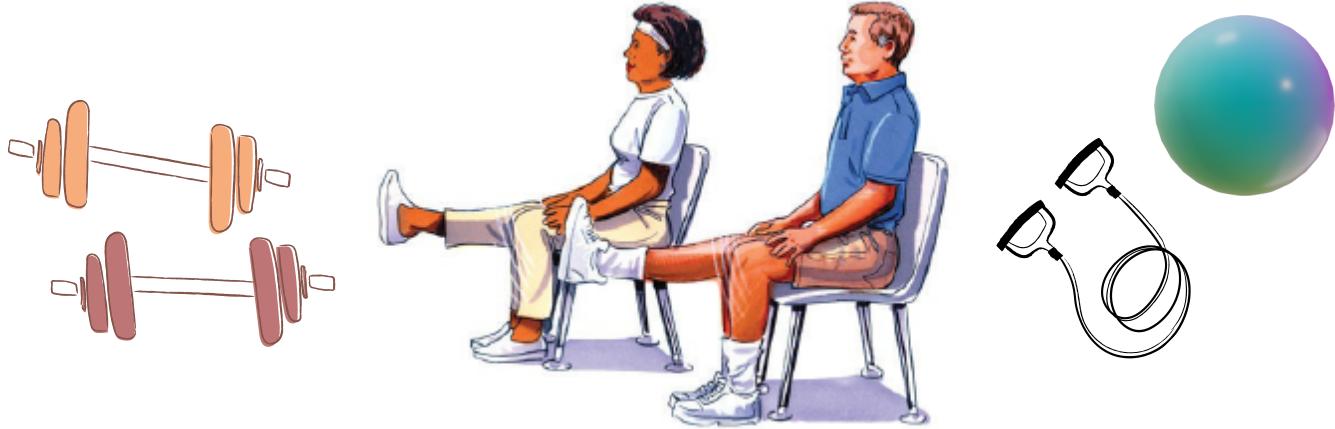




# General Exercise at the Holland Street Center



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 5<sup>th</sup> and 26<sup>th</sup> at 9:00am and 11:00am.**

**Wednesday, January 7<sup>th</sup> at 9:00am and 11:00am.**

**Wednesdays, January 21<sup>st</sup> and 28<sup>th</sup> at 9:00am only.**

**No classes on Monday, January 12<sup>th</sup>,**

**Wednesday, January 14<sup>th</sup> and Monday, January 19<sup>th</sup>**

**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](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.