



# 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 do supported standing strength and balance activities. Enjoy easy-to-follow cardio, strength training, mobility, and flexibility patterns. Practice activities of daily living to maintain an independent lifestyle.



**Wednesdays at 1:00pm and Thursdays at 2:30pm on Zoom.**

**No classes on Thursday, January 1<sup>st</sup>,  
Wednesday, January 14<sup>th</sup> and Thursday, January 15<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.