



# General Exercise at the Holland Street Center



## Add some movement to your day!

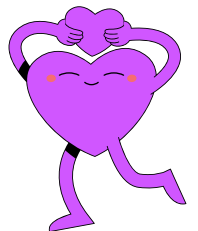
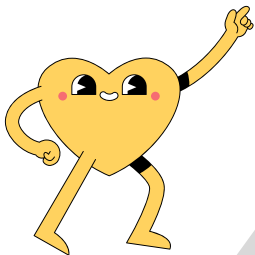
General Exercise is a chair-based fitness class with supported standing strength training and balance. We use a play ball, weights and resistance band to work on functional movement patterns. Enjoy moving to music while doing easy-to-follow cardio, mobility, strengthening and stretching exercises.

Monday, February 2<sup>nd</sup>, 9<sup>th</sup>, and 23<sup>rd</sup> at 9:00am and 11:00am.

Wednesday, February 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> at 9:00am only.

Wednesday, February 25<sup>th</sup> at 9:00am and 11:00am.

No classes on Monday, February 16<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.