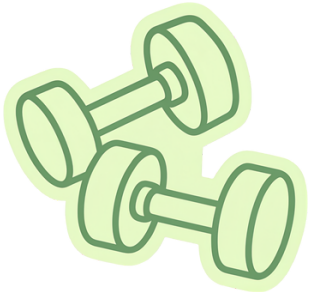
Virtual General Exercise



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 in March on Zoom

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.