



JAKE WILSON  
MAYOR

# CARDIO THROWBACK



Get moving and grooving while enjoying hits of the past. Inspired by retro aerobic legends such as Richard Simmons, Jane Fonda, and Billy Blanks of Tae Bo, this class will blend dance, aerobics and martial arts in a simple yet effective way. Featuring low impact and easy to follow moves with gentle strength training, you'll enjoy "sweatin' to the oldies" in no time!

**Six week program on Friday, July 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup> and August 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> at 9:00am at the Holland Street Center**

**For more information and to register,  
contact Michelle Deutsch at 617-625-6600 x2315**



Persons with disabilities can request accommodations to access the programs, activities, and meetings of the City of Somerville by contacting the ADA Coordinator at 617-625-6600 x 2059 or [ADA@somervillema.gov](mailto:ADA@somervillema.gov) in advance of the event.

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.