



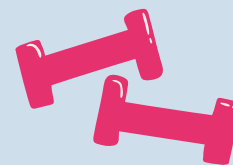
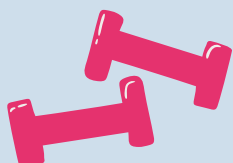
JAKE WILSON  
MAYOR

# LGBTQIA+ Virtual General Exercise



This is an online version of the General Exercise class that welcomes the LGBTQIA+ community and allies. Enjoy seated exercises with the option to use dumbbells and work on standing strength and balance. This easy-to-follow workout focuses on functional fitness to maintain an independent lifestyle.

**Thursdays at 5:30pm on Zoom,  
no class on October 8<sup>th</sup>**



**E-mail Michelle at [mdeutsch@somervillema.gov](mailto:mdeutsch@somervillema.gov)  
for the Zoom Link**



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.