



# 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.

**Monday, October 19<sup>th</sup> and 26<sup>th</sup> at 1:00pm on Zoom,  
no classes on October 5<sup>th</sup> and 12<sup>th</sup>**

*and*

**Thursdays at 2:30pm 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.