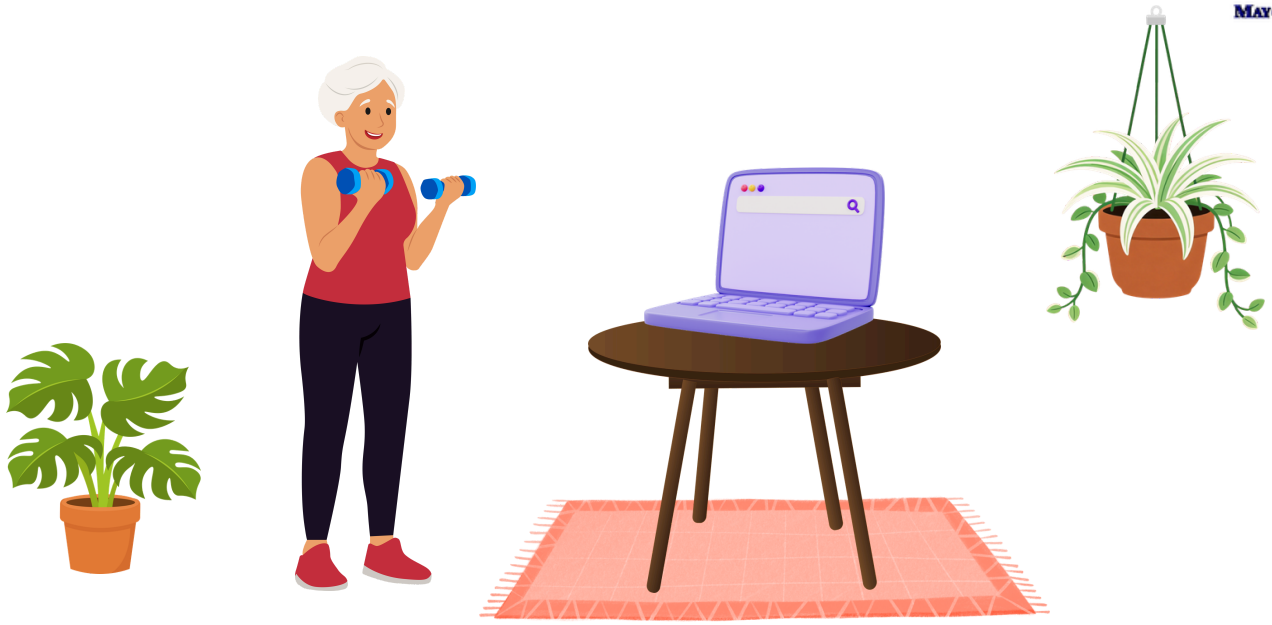
Virtual General Exercise

JAKE WILSON
MAYOR



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.

Mondays at 1:00pm and Thursdays at 2:30pm on Zoom, no class on Thursday, November 26th

E-mail Michelle at 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 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 or call 311 (617-666-3311) at least 7 days in advance of this event.