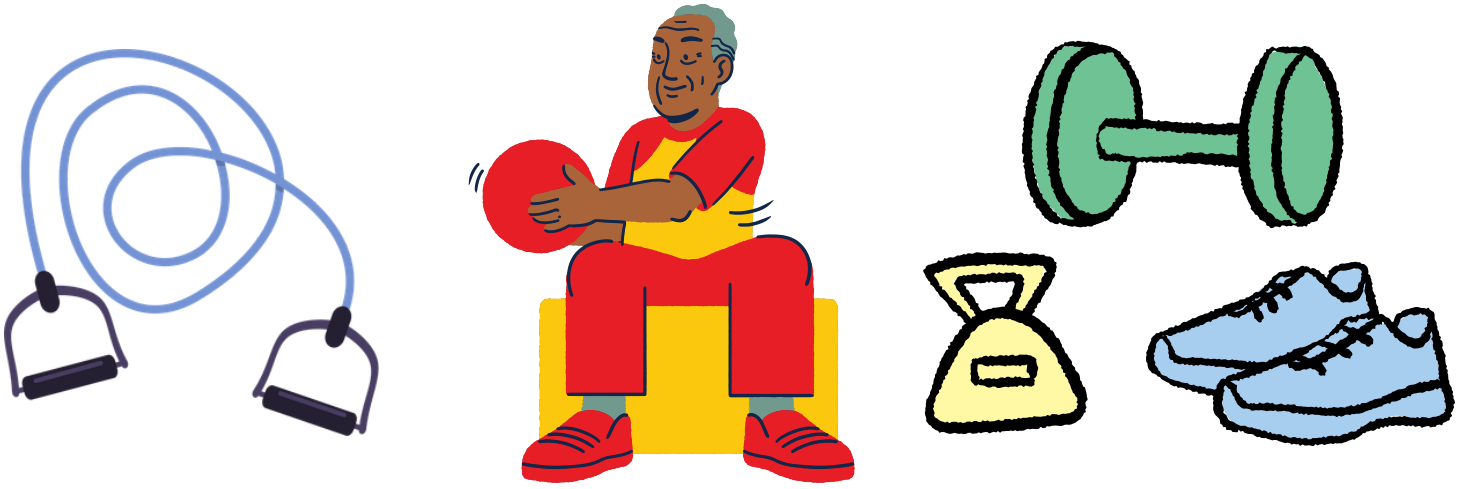
General Exercise
at the Holland Street Center



Add some movement to your day!

General Exercise is a chair-based fitness class with supported standing strength training and balance. We'll use a variety of props such as a play ball, resistance band, and weights to practice functional movement patterns. Enjoy moving to music while doing easy-to-follow cardio, mobility, strengthening and stretching exercises.

Every Monday and Wednesday in December
at 9:00am and 11:00am

For more information
contact Michelle 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 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.