LGBTQIA+
Virtual General Exercise

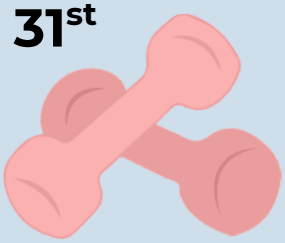


This is an online version of the General Exercise class that welcomes the LGBTQIA+ community and allies. Enjoy seated exercises with the option to use dumbbells and work on standing strength and balance. This easy-to-follow workout focuses on functional fitness to maintain an independent lifestyle.



Thursdays at 5:30pm on Zoom,
no classes on December 24th and 31st





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.