

# Somerville Council on Aging

## Fit-4-Life Exercise



Monday and Wednesday mornings at  
9:00am and 11:00am

Monday, May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup>  
Wednesday, May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>

Holland Street Center  
167 Holland Street

Each class focuses on strength, balance and flexibility and  
is a great way to keep moving and stay strong.

For more information or to sign up, please call Chris at  
617-625-6600 ext. 2315 or email at  
[ckowaleski@somervillema.gov](mailto:ckowaleski@somervillema.gov)