

Somerville Council on Aging

Fit-4-Life Exercise



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

Mondays, June 6th, 13th, 20th and 27th
Wednesday, June 1st, 8th, 15th, and 20th

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