

# **Somerville Council on Aging**

## **Fit-4-Life Exercise**



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

Mondays, June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>  
Wednesday, June 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, and 22<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)