

Somerville Council on Aging



Outside Exercise Classes and Walking Group

We are excited to announce the start of
outside exercise classes and walking group!

Beginning on **Monday, May 17th**, Chris will host outside exercise classes on **Mondays at 10:00am** and on **Wednesdays at 1:00pm**. Each class will meet in front of the Holland Street Center at the flag pole and will incorporate stretching, strength training and balance exercises.

The **walking group** will meet on **Friday mornings at 9:30am** in front of the Holland Street Center and will enjoy walks through area neighborhoods.

All classes and groups will be limited to 8 participants and will follow City of Somerville social distancing and mask policy.
Pre-registration is required.

For additional information or to register for one of the above programs, ***contact Chris by email at ckowaleski@somervillema.gov or by phone at 617-625-6600 ext. 2315.***