



### SUMMER CLASSES

For class descriptions, schedules and to register, please visit [EmersonWellness.org](http://EmersonWellness.org), or call 978-287-3777.

#### CLASSES

(“Online” or “In Studio” indicated alongside each class)

6-week sessions • \$99



#### CLASSES START WEEK OF JUNE 21

##### Monday Classes:

- 5:30–6:45 pm Less Stress, More Strength Yoga (**IN STUDIO**)

#### CLASSES START WEEK OF JUNE 23

##### Wednesday Classes:

- 10:30–11:30 am Qigong Beginner All Levels with Dr. Wu (**ONLINE**)
- 10:30–11:30 am Qigong Beginner All Levels with Dr. Wu (**IN STUDIO**)
- 11:30 am–12:30 pm Tai Chi Beginner with Dr. Wu (**ONLINE**)
- 11:30 am–12:30 pm Tai Chi Beginner with Dr. Wu (**IN STUDIO**)
- 4:15–5:15 pm Qigong/Tai Chi Combination (**ONLINE**)

#### CLASSES START WEEK OF JUNE 24

##### Thursday Classes:

- 5:30–6:30 pm Tai Chi All Levels/Long Form with Dr. Wu (**IN STUDIO**)

#### CLASSES START WEEK OF JUNE 25

##### Friday Classes:

- 10:00–11:15 am Gentle Yoga (**ONLINE**)

#### CLASSES START WEEK OF JULY 6\*

##### Tuesday Classes:

- 10:30–11:30 am Essentrics Restore, Release & Rebalance (**ONLINE**)
  - 12:00–1:00 pm Essentrics Stretch & Tone (**ONLINE**)
- \*5-week session • \$82.50

#### CLASSES START WEEK OF JULY 7

##### Wednesday Classes:

- 1:30–2:30 pm ~ Strength, Balance & Flexibility for Seniors (**ONLINE**)

#### CLASSES START WEEK OF JULY 8

##### Thursday Classes:

- 9:15–10:15 am Pilates for Strong Bones & Muscles (**ONLINE**)
- 10:30–11:30 am Parkinson’s Movement: Dance for PD® (**ONLINE**)
- 4:30–5:30 pm Dance Fitness (**ONLINE**)
- 6:45–8:00 pm Gentle & Restorative Yoga (**IN STUDIO**)

#### CLASSES START WEEK OF JULY 14

##### Wednesday Classes:

- 10:00–11:15 am Yoga for Building Bones (**ONLINE**)

#### CLASSES START WEEK OF JULY 17

##### Saturday Classes:

- 10:00–11:15 am Yoga for Building Bones (**ONLINE**)

#### CLASSES START WEEK OF JULY 21

##### Wednesday Classes:

- 5:30–6:45 pm Yoga & Meditation (**ONLINE**)