

STEINBERG WELLNESS CENTER FOR MIND AND BODY FALL CLASS SCHEDULE

For course descriptions, schedules and to register, please visit EmersonWellness.org or call 978-287-3777.

CLASSES 6-week sessions • \$99

*Online unless
otherwise indicated*

WORKSHOPS

Classes start Monday, September 14

10:30–11:30 am	Pilates for Parkinson's	Online
11:30 am–12:30 pm	Qigong for Seniors	Online

Classes start Tuesday, September 15

8:30–9:30 am	Gentle Pilates	Online
10:00–11:15 am	Healthy Aging Yoga for Boomers & Seniors	Online
10:30–11:30 am	Essentrics Restore, Release & Rebalance	Online
12:00–1:00 pm	Essentrics Stretch & Tone	Online
1:00–2:00 pm	Tai Chi for Seniors	In studio/Online

Classes start Wednesday, September 16

10:00–11:15 am	Yoga for Building Bones	Online
10:30–11:30 am	Qigong Beginner/Intermediate/Advanced	In studio/Online
1:30–2:30 pm	Strength, Balance & Flexibility for Seniors	Online
4:15–5:15 pm	Qigong/Tai Chi Combo	Online
5:30–6:45 pm	Yoga & Meditation	Online
6:30–7:30 pm	Essentrics Stretch & Tone	Online

Classes start Thursday, September 17

9:00–10:00 am	Barre Fitness & Yoga Stretch	Online
10:30–11:30 am	Parkinson's Movement	Online
10:30–11:30 am	Tai Chi Fundamentals	Online
4:30–5:30 pm	Dance Fitness	Online
5:30–6:30 pm	Tai Chi Intermediate/Advanced	In studio/Online
6:45–7:45 pm	Tai Chi Beginner	In studio/Online

Classes start Friday, September 18

10:00–11:15 am	Gentle Yoga	Online
----------------	-------------	--------

Classes start Saturday, September 19

10:00–11:15 am	Yoga for Building Bones	Online
11:30 am–12:30 pm	Essentrics Stretch & Tone	Online

Letting Go of Fear by Nurturing Your Nervous System

Wednesdays, 10:00–11:30 am, September 16, 23 & 30 *or* Thursdays, 6:00–7:30 pm, September 24, October 1 & 8
\$90

Couples Massage: Learn How to Give a Great Massage!

Friday, 7:00–9:15 pm, September 25
\$175
Held in the studio

Online Dating 101 (Yes, You Can Date During COVID-19)

Saturday, 10:00–11:30 am, September 26 *or* October 24
\$75

Hip Mobility Yoga Workshop

Saturday, 1:00–2:30 pm, September 26
\$38

Neck & Shoulder Yoga Workshop

Saturday, 1:00–2:30 pm, October 17
\$38

Reiki I Training

Saturday, 9:00 am–3:00 pm, October 17
\$145

Reiki II Training

Sunday, 9:00 am–3:00 pm, October 18
\$160

Reiki I and II Training Package

Saturday and Sunday, 9:00 am–3:00 pm, October 17 & 18
\$285

OSTEOFITNESS™ PROGRAM

This evidence-based class targets osteoporosis by building bone through progressive strength training at osteoporotic sites. Improve balance and mobility, prevent falls, reduce pain and correct posture with moves advised by the Arthritis FoundationSM and modeled after Tufts University research.

- Classes start September 29, online via Zoom
- Tuesdays & Thursdays (classes meet twice/week)
- 11:00 am–12:00 pm *or* 4:00–5:00 pm
- 8-week, 16-class session • \$352

To learn more, join a free online introductory lecture on Wednesday, September 23, 1:30 pm. Registration required.