

Summer Classes

CLASSES
FOR ALL
AGES



The Emerson WELLNESS Center for MIND and BODY

310 Baker Ave, Concord, MA



The Emerson Wellness Center for Mind and Body

offers a wide range of programs designed to keep you and your family healthy. There is something for everyone, whether you're looking to get fit, reduce stress or gain control of your health *naturally*.

Drop-in classes

Some classes are ongoing; you can join at any time. Before attending a drop-in session, please call 978-287-3777 to check if class is being held.

For complete
class descriptions
or to register, visit
EmersonWellness.org



Questions?

Contact us at EmersonWellness@emersonhosp.org
or 978-287-3777.

“I LIKE THE FACT
THAT ESSENTRICS
HITS ALL OF MY
MAJOR MUSCLE
GROUPS AND IS
EXCELLENT FOR
STRENGTH AND
TONING THE
WHOLE BODY.
A LOW-IMPACT
CLASS WITH
MAXIMUM
RESULTS!”

—ESSENTRICS STUDENT

► **EXERCISE/MOVEMENT**

Arthritis Exercise Program

- Tuesdays, 12:30–1:30 pm;
begins May 30
- \$90 for a 6-week session;
\$17 drop-in

Essentrics Gentle

- Mondays, 10:30–11:30 am;
begins May 22, July 17 or August 28
- Tuesdays, 10:00–11:00 am or
5:30–6:30 pm;
begins May 16, June 20 or August 18
- Thursdays, 12:00–1:00 pm;
begins May 18, June 22, July 27 or
August 10
- \$90 for a 5-week session;
\$20 drop-in

Essentrics Stretch and Tone

- Mondays, 11:45 am–12:45 pm;
begins May 22, July 17 or August 28
- Tuesdays, 11:15 am–12:15 pm or
6:45–7:45 pm;
begins May 16, June 20 or August 18
- Thursdays, 1:15–2:15 pm;
begins May 18, June 22 or August 10
- \$90 for a 5-week session;
\$20 drop-in

Nia® — Get Fit, Have Fun!

- Thursdays, 4:30–5:30 pm;
6-week session begins May 25;
3-week session begins July 13
- \$90 for a 6-week session;
\$45 for a 3-week session;
\$17 drop-in

Osteofitness™

FREE Introductory Lectures

- Wednesday, June 7 or August 16,
1:45–2:45 pm
- Registration required

Program

- New student orientation:
- Tuesday, June 13 or August 22,
1:45–2:45 pm

Classes:

- Tuesdays, 1:45–2:45 pm and
Thursdays, 2:45–3:45 pm;
begins June 20 or August 29
- \$352 for an 8-week, 16-class session;
\$195 for an 8-week, 8-class session
(discounts do not apply)



Pilates Core Awareness

- Tuesdays, 5:30–6:30 pm;
begins May 23, July 11 or August 22
- \$120 for a 6-week session;
\$22 drop-in

NEW! Self-Defense for Women - 13 and up

- Thursday, August 17, 7:30-9:30 pm
- \$40

QIGONG CLASSES

Qigong Beginner

- Thursdays, 12:00–1:00 pm;
begins May 25
- \$112 for an 8-week session;
\$16 drop-in

Qigong Beginner & Intermediate/Advanced

- Wednesdays, 10:30–11:30 am;
begins May 10, July 5 or August 30
- \$112 for an 8-week session;
\$16 drop-in

Qigong Basics for Everyday Wellness

- Saturdays, 10:00–11:00 am;
begins June 3
- \$112 for an 8-week session;
\$16 drop-in

For complete class descriptions and to register, visit EmersonWellness.org

Tai Chi Basics for Everyday Wellness

- Saturdays, 11:30 am–12:30 pm; begins June 3
- \$112 for an 8-week session; \$16 drop-in

Tai Chi Beginner

- Wednesdays, 12:00–1:00 pm; begins June 28 or August 23
- Thursdays, 7:00–8:00 pm; begins June 1 or July 27
- \$112 for an 8-week session; \$16 drop-in

Tai Chi Intermediate/Advanced

- Wednesdays, 9:30–10:30 am; begins May 10, July 5 or August 30
- Thursdays, 6:00–7:00 pm; begins May 11, July 6 or August 31
- \$112 for an 8-week session; \$16 drop-in

Tai Chi for Rehab

- Thursdays, 1:00–2:00 pm; begins June 8 or August 10
- \$90 for a 6-week session; \$17 drop-in
- Held at Emerson Hospital Health Center in Westford, Suite 314



YOGA CLASSES

Chair Yoga

- Mondays, 1:15–2:30 pm; 4-week session begins June 12; 5-week session begins July 17
- \$60 for a 4-week session; \$75 for a 5-week session; \$17 drop-in

Gentle Yoga

(as seen on Chronicle)

- Fridays, 9:30–10:45 am; begins June 30 or August 11
- Saturdays, 1:00–2:15 pm; begins July 1 or August 12
- \$90 for a 6-week session; no drop-ins

Prenatal Yoga for a Healthier Pregnancy

- Mondays, 7:00–8:15 pm; begins May 15 or July 10
- \$90 for a 6-week session; \$17 drop-in

Yoga & Meditation

- Mondays, 5:30–6:45 pm; begins June 5
- \$90 for a 6-week session; \$17 drop-in

Yoga for Beginners

- Saturdays, 8:30–9:45 am; begins June 17
- \$90 for a 6-week session; \$17 drop-in



► EXERCISE FOR SPECIAL CONDITIONS

Parkinson's Movement

Healing Movement to Music for Parkinson's & Movement-Related Disorders

- Thursdays, 10:30–11:40 am; 9-week session begins May 4; 3-week session begins July 13
- \$170 for a 9-week session; \$55 for a 3-week session; \$20 drop-in

Caregivers are welcome to accompany student for free.

Fitness for PWP (Parkinson's)

- For more information or to register, call 978-287-8200.

Yoga Healing for Concussions

- Tuesdays, 4:00–5:15 pm; 5-week session begins July 18
- \$75 for a 5-week session; \$17 drop-in

more classes on back ►

For complete class descriptions and to register, visit EmersonWellness.org

► KIDS & TEENS

Babysitting Training (10–15)

- Saturday, 9:00 am–1:00 pm; June 17, July 15 or August 12
- Held at the main hospital campus, Cheney A Conference Room
- \$50



► NATURAL THERAPIES

Reiki Training Classes

Reiki Level I

- Saturday, June 10, 9:00 am–3:00 pm
- \$145

Reiki Level II

- Sunday, June 11, 9:00 am–3:00 pm
- \$160

Tong Ren Therapy

- Thursdays, 5:00–6:00 pm; begins May 4 or August 24
- \$112 for an 8-week session; \$16 drop-in

► STRESS MANAGEMENT

Deepening Your Mindfulness Practice & More

- Tuesdays or Sundays*, 11:15 am–1:15 pm; begins August 8 or August 13
- \$300 for 6-week session, plus CDs

Mindfulness Meditation

- Sunday*, June 18 or Tuesday, June 20, 9:00–11:00 am
- \$20

Mindfulness-Based Stress Reduction (MBSR)

FREE Introductory lecture

- Sunday*, June 18 or Tuesday, June 20, 11:15 am–12:45 pm
- Registration required

Program

- Tuesdays or Sundays*, 9:00–11:00 am; begins August 1 or August 6
- Plus all day Saturday, September 9, 9:00 am–3:00 pm
- \$540 for an 8-week session plus \$45 for required course materials/CD set

* Sunday classes are held at the main hospital campus, McPhillips Conference Room

