

# Virtual Exercise Classes

Free to all Mass General Brigham patients

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	CHAIR AND STANDING YOGA	MOVEMENT FUNDAMENTALS	QIGONG	STRENGTH/ TOTAL BODY	CHAIR AND STANDING YOGA
11:00 AM					
12:00 PM					
5:00 PM	STRENGTH/ TOTAL BODY		MOVEMENT FUNDAMENTALS		

Class duration:  
45min-1hr

No equipment  
necessary

No prior  
experience  
necessary

*Wellness Center  
also offers  
therapeutic  
massage &  
acupuncture  
services—please  
call to inquire.*

Call to register: **MGH Revere Wellness Center (781-485-6400)**