

Jamaica Pond, Pinebank Promentory
Jamaica Way, MA 02130

LoPresti Park
33 Summer Street
East Boston, MA 02128

Malcolm X Park
150 M L King Jr. Boulevard
Roxbury, MA 02119

Marcella Playground
260 Highland Street
Roxbury, MA 02119

McLaughlin Playground
239 Parker Hill Avenue
Jamaica Plain, MA 02120

Medal of Honor (M Street)
775 E 1st Street
South Boston, MA 02127

Mission Hill Playground
60 Smith Street
Jamaica Plain, MA 02120

Moakley Park
1005 Columbia Road
South Boston, MA 02127

Mothers Rest at Four Corners
410 Washington Street
Dorchester, MA 02124

Ross Playground
145 Westminster Street
Hyde Park, MA 02136

Symphony Park
39 Edgerly Road
Boston, MA 02115

Winthrop Square
55 Winthrop Street
Charlestown, MA 02129

Locations

Billings Field
369 LaGrange Street
West Roxbury, MA 02132

Blackstone Square
50 W. Brookline Street
Boston, MA 02118

Boston Common Frog Pond
38 Beacon Street
Boston, MA 02108

Brighton Common
30 Chestnut Hill Avenue
Brighton, MA 02135

Christopher Columbus Park
110 Atlantic Avenue
Boston, MA 02110

Elliot Norton Park
295 Tremont Street
Boston, MA 02116

Elmhurst Park
27-35 Elmhurst Street
Dorchester, MA 02124

Franklin Park
1 Circuit Drive
Dorchester, MA 02121

Gertude Howes Playground
68 Moreland Street
Roxbury, MA 02119

Harambee Park
930 Blue Hill Avenue
Mattapan, MA 02124

Healy Playground
160 Florence Street
Roslindale, MA 02131

Hunt/Almont
40 Almont Street
Mattapan, MA 02126

Pick Your Activity

ALL FITNESS LEVELS WELCOME AT ALL CLASSES

Bootcamp
Bootcamp classes target your cardiovascular system and muscles, utilizing exercises such as jumping jacks, push-ups and lunges. The instructor will use outdoor elements to conduct the exercises and will encourage you to push through the workout.

Cardio Dance
A fun, high energy dance class that incorporates Dancehall moves with cardio combinations. This class will have you sweating from start to finish.

Carnival Fit
This Carnival-based Afro-Caribbean group dance class targets full body transformation through the art of dance and the love of Dancehall and Soca.

HIIT
High Intensity Interval Training is repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery.

Line Dancing
Move to the music in a fun workout that involves choreographed steps and upbeat dancing.

Tai Chi
Tai Chi, an ancient Chinese martial art, is used as a slow-moving exercise to achieve relaxation and stress reduction. Tai Chi offers benefits for the body, mind and spirit.

Yoga
Yoga is a physical, mental, and spiritual practice that originated in ancient India. Instructors will provide flow movement for people of all levels. Yoga challenges your mental and physical being, releases stress and expands your energy.

Zumba
Zumba involves energetic dance and aerobic elements. Instructors provide choreographed moves of hip-hop, soca, samba, salsa, merengue, mambo, and martial arts.

Salsa Dancing
This high energy dance lesson will have you stepping to salsa music before the Tito Puentes Latin Music Concert series.



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Full Summer Class Schedule

Classes begin June 4th and conclude September 29th

View schedule online: bphc.org/SummerFitness

Mondays

CLASS	TIME	PARK	NEIGHBORHOOD
Zumba	6:00 PM	Christopher Columbus Park	North End
Salsa Dancing	6:00 PM	Blackstone Square	South End
Carnival Fit	6:00 PM	Harambee Park	Dorchester
Afrobeat Bootcamp	6:00 PM	Malcom X Park	Roxbury
Yoga	6:30 PM	Mother's Rest at 4 Corners	Dorchester


Tuesdays

Chair Yoga	10:00 AM	Symphony Park	Fenway
Bootcamp	6:00 PM	Elmhurst Park	Dorchester
Yoga	6:00 PM	Medal of Honor Park (M Street)	South Boston
Cardio Dance	6:00 PM	Ross Playground	Hyde Park
Zumba	6:00 PM	Gertrude Howes Playground	Roxbury
Line Dancing	6:00 PM	Billings Field	West Roxbury

Wednesdays

Chair Yoga	10:00 AM	Elliot Norton Park	Chinatown
Family Zumba	6:00 PM	LoPresti Park	East Boston
HIIT	6:00 PM	Mission Hill Playground	Mission Hill
Yoga	6:00 PM	Brighton Common	Brighton
Line Dancing	6:30 PM	Franklin Park	Dorchester

Thursdays

Gentle Yoga	10:00 AM	Christopher Columbus Park	North End
Tai Chi (last class July 26)	10:00 AM	Symphony Park	Fenway
Yoga presented by 	6:00 PM	Boston Common	Beacon Hill
Yoga	6:00 PM	Marcella Playground	Roxbury
Zumba Kids	6:00 PM	Hunt/Almont Park	Mattapan

Fridays

Bootcamp	6:30 AM	Christopher Columbus Park	North End
Walking Group	10:00 AM	Moakley Park	South Boston

Saturdays

Walking Group	8:00 AM	Franklin Park	Dorchester
Yoga	9:15 AM	Franklin Park	Dorchester
Yoga	10:00 AM	Healy Playground	Roslindale
Bootcamp	11:00 AM	Almont Park	Mattapan

Sundays

Kids Yoga	11:00 AM	Jamaica Pond	Jamaica Plain
Yoga	12:30 PM	Winthrop Square	Charlestown
Yoga	2:00 PM	Jamaica Pond	Jamaica Plain

For information on cancellations, please check Twitter [@healthyboston](https://twitter.com/healthyboston) and [@bostonparksdept](https://twitter.com/bostonparksdept) or call (617) 534-2355

There will be no classes July 4th and September 3rd

