

Hyaco Playground
150 Readville Street
Hyde Park, MA 02136

Jamaica Pond
Jamaica Promontory, Jamaicaaway
Jamaica Plain, MA 02130

LoFresti Park
33 Sumner Street
East Boston, MA 02128

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

McLaughlin Playground
239 Parker Hill Avenue
Jamaica Plain, MA 02120

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

Moakley Park (Clubhouse)
1005 Columbia Road
South Boston, MA 02127

Mother's Rest at 4 Corners
410 Washington Street
Dorchester, MA 02124

Mozart Street Playground
10 Mozart Street
Jamaica Plain, MA 02130

Smith Playground
235 Western Avenue
Allston, MA 02134

Symphony Park
39 Edgerly Road
Boston, MA 02115

Town Field
1545 Dorchester Avenue
Dorchester, MA 02122

Winthrop Square
55 Winthrop Street
Charlestown, MA 02129

Adams Park
4225 Washington Street
Roslindale, MA 02131

Almont Park
40 Almont Street
Mattapan, MA 02126

Boston Common Frog Pond
38 Beacon Street
Boston, MA 02108

Brighton Common
30 Chestnut Hill Avenue
Brighton, MA 02135

Blackstone Square
50 W. Brookline Street
Boston, MA 02118

Christopher Columbus Park
110 Atlantic Avenue
Boston, MA 02110

Elliott Norton Park
295 Tremont Street
Boston, MA 02116

Elmhurst Park
27-35 Elmhurst Street
Dorchester, MA 02124

Fallon Field
910 South Street
Roslindale, MA 02131

Franklin Park
1 Circuit Drive
Dorchester, MA 02121

Gertrude Howes Playground
68 Moreland Street
Roxbury, MA 02119

Highland Park
58 Beech Glen Street
Roxbury, MA 02119

Hynes Playground
502 VFW Parkway
West Roxbury, MA 02132

Locations

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.

Family Fitness
This class is designed to get the family moving together. Classes start with music, cardio and games followed by a vinyasa yoga flow.

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

QiGong
Qi (energy) Gong (work) is a traditional Chinese meditative, restorative, and self-defense practice that promotes balance, alignment, structural strength, circulation, longevity and mindfulness. It is an essential component of Chinese Martial Arts (Wushu), and Traditional Healing (Zhong Yi) disciplines (which incorporates everything from acupuncture, to herbal medicine, to exercise/nutrition) based on the principles of the twelve meridians, five elements and holistic balance.

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

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.

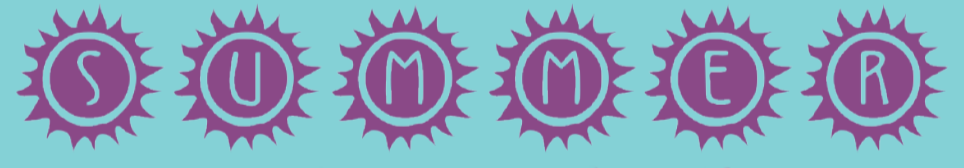
Yoga
Yoga is a physical, mental, and spiritual practice that originated in ancient India. Instructors will provide flow movement for people of all levels. Yoga challenges your mental and physical being, releases stress and expands your energy.

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



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FITNESS SERIES

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Full Summer Class Schedule

Classes begin June 3 and conclude September 28.

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 |
| Strength Training | 6:00 PM | Town Field | Dorchester |
| Afrobeat Bootcamp | 6:00 PM | Malcom X Park | Roxbury |
| Cardio Fit | 6:00 PM | Hynes Playground | West Roxbury |
| Yoga | 6:30 PM | Mother's Rest at 4 Corners | Dorchester |


Tuesdays

| | | | |
|----------------|----------|-----------------------------|--------------|
| Cardio Fitness | 6:30 AM | Iacono Playground | Hyde Park |
| Chair Yoga | 10:00 AM | Symphony Park | Fenway |
| Bootcamp | 6:00 PM | Elmhurst Park | Dorchester |
| Yoga | 6:00 PM | M St. Park (Medal of Honor) | South Boston |
| Zumba | 6:00 PM | Gertrude Howes Playground | Roxbury |
| Cardio Dance | 6:00 PM | McLaughlin Playground | Mission Hill |
| Family Zumba | 6:00 PM | LoPresti Park | East Boston |

Wednesdays

| | | | |
|--------------|----------|-------------------------------------|-------------|
| QiGong | 10:00 AM | Elliot Norton Park | Bay Village |
| Yoga | 6:00 PM | Brighton Common | Brighton |
| Family Zumba | 6:00 PM | Almont Park | Mattapan |
| Line Dancing | 6:30 PM | Franklin Park (Near Golf Clubhouse) | Dorchester |
| Yoga | 6:30 PM | Adams Park | Roslindale |

Thursdays

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|---|----------|---------------|----------|
| Tai Chi (last class 7/25) | 10:00 AM | Symphony Park | Fenway |
| KIND Yoga  | 6:00 PM | Boston Common | Downtown |
| HIIT | 6:00 PM | Highland Park | Roxbury |

Fridays

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

Saturdays

| | | | |
|----------------|----------|-----------------------------------|------------|
| Family Fitness | 9:30 AM | Fallon Field | Roslindale |
| Yoga | 9:15 AM | Franklin Park (Schoolmaster Hill) | Dorchester |
| Bootcamp | 11:00 AM | Almont Park | Mattapan |

Sundays

| | | | |
|--------------|----------|--------------------------|---------------|
| Yoga | 9:00 AM | Winthrop Square | Charlestown |
| Carnival Fit | 9:30 AM | Mozart Street Playground | Jamaica Plain |
| POUND | 10:00 AM | Smith Playground | Allston |
| 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 or 311

There will be no classes on July 4 and September 2

Yoga on Boston Common will not be held on June 20

