



TROOPS FOR FITNESS

FREE

MAY 2017

FREE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>Bootcamp w/ Gary Christopher Columbus, North End 6:30am</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>	<p>2</p> <p>Teen Yoga w/ Roxanne @ Boys & Girls Club of Dorchester, Marr Clubhouse, 6:45 pm</p> <p>Tai Chi w/ Tom @ Roche Center, West Roxbury, 2pm</p>	<p>3</p> <p>Bootcamp w/ Gary Christopher Columbus, North End 6:30am</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>	<p>4</p>	<p>5</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Bootcamp w/ Gary Christopher Columbus, North End 6:30am</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>	<p>9</p> <p>Teen Yoga w/ Roxanne @ Boys & Girls Club of Dorchester, Marr Clubhouse, 6:45 pm</p> <p>Tai Chi w/ Tom @ Roche Center, West Roxbury, 2pm</p>	<p>10</p> <p>Bootcamp w/ Gary Christopher Columbus, North End 6:30am</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>	<p>11</p>	<p>12</p> <p>Bootcamp w/ Gary Christopher Columbus, North End 6:30am</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>Bootcamp w/ Gary Christopher Columbus, North End 6:30am</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>	<p>16</p> <p>Teen Yoga w/ Roxanne @ Boys & Girls Club of Dorchester, Marr Clubhouse, 6:45 pm</p> <p>Tai Chi w/ Tom @ Roche Center, West Roxbury, 2pm</p>	<p>17</p> <p>Bootcamp w/ Gary Christopher Columbus, North End 6:30am</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>	<p>18</p>	<p>19</p> <p>Bootcamp w/ Gary Christopher Columbus, North End 6:30am</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>Bootcamp w/ Gary Christopher Columbus, North End 6:30am</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>	<p>23</p> <p>Teen Yoga w/ Roxanne @ Boys & Girls Club of Dorchester, Marr Clubhouse, 6:45 pm</p> <p>Tai Chi w/ Tom @ Roche Center, West Roxbury, 2pm</p>	<p>24</p> <p>Bootcamp w/ Gary Christopher Columbus, North End 6:30am</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>	<p>25</p>	<p>26</p> <p>Bootcamp w/ Gary Christopher Columbus, North End 6:30am</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Bootcamp w/ Gary Christopher Columbus, North End 6:30am</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>	<p>30</p> <p>Teen Yoga w/ Roxanne @ Boys & Girls Club of Dorchester, Marr Clubhouse, 6:45 pm</p> <p>Tai Chi w/ Tom @ Roche Center, West Roxbury, 2pm</p>	<p>31</p> <p>Bootcamp w/ Gary Christopher Columbus, North End 6:30am</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>		<p>Bootcamp w/ Gary Christopher Columbus, North End 6:30am</p> <p>Gentle Yoga w/ Roxanne @ ABCD, North End 10:00 am</p>	

Events, times and locations are subject to change.
 All classes are one hour long unless otherwise noted.
 Please check www.boston.gov/parks for the most up to date
 schedule. Cancellations will be posted on social media:
 @BostonParksDept and F/BostonParksDepartment