



TROOPS FOR FITNESS

FREE

November 2016

FREE

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

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