



MASSACHUSETTS

THE BOSTON PARKS

WINTER

FITNESS SERIES

FREE FITNESS CLASSES IN YOUR NEIGHBORHOOD!



CONNECT WITH US

@HEALTHYBOSTON

@BOSTONPARKSDEPT

#BOSTONMOVES



PICK YOUR ACTIVITY

ALL FITNESS LEVELS ARE WELCOME

BARRE

Inspired by elements of ballet, yoga, and Pilates. Low-impact, high intensity movements designed to strengthen and tone your body.

BOOTCAMP

Targets your cardiovascular system and muscles utilizing exercises such as jumping jacks, push-ups, and lunges.

CARDIO FITNESS

A fun, high-energy dance class that incorporates Dancehall moves with cardio combinations.

CHAIR YOGA

A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support.

POUND®

A combination of cardio and weight training exercises that includes some techniques from Pilates. Using lightly weighted drumsticks, POUND transforms drumming into an incredibly effective work out.

STRENGTH TRAINING

Increases lean muscle tissue, improves structural strength, decreases excess body fat, increase endurance, and more.

WALKING/SNOWSHOEING GROUP*

Experience the strength-training and cardio benefits of walking or snowshoeing through Franklin Park. Meet at the William J. Devine Clubhouse for a group walk that is sure to work your core, quads, and lung capacity! Distances may vary.

YOGA

A physical, mental, and spiritual practice that originated in ancient India. Releases stress and increases your energy. Instructors will provide flow movement for all abilities.

ZUMBA®

A fitness program that combines Latin and international music with dance moves.

ZUMBA® GOLD

Perfect for active older adults or beginners who are looking for a modified Zumba class that recreates the original moves at a lower-intensity.

FULL WINTER CLASS SCHEDULE

January 5, 2020 - May 1, 2020

CLASS	TIME	LOCATION
SUNDAYS*		
Walking Group/ Snow Shoeing	9:00AM	Franklin Park Club House 1 Circuit Drive, Dorchester
MONDAYS		
Yoga	6:00PM	BCYF Paris Street Community Center 112 Paris Street, East Boston
TUESDAYS		
Strength Training	11:00AM	BCYF Gallivan Community Center 61 Woodruff Way, Mattapan
Yoga	11:00AM	Veronica B. Smith Senior Center 20 Chestnut Hill Avenue, Brighton
WEDNESDAYS		
Zumba® Gold	10:00AM	Charlestown Golden Age 382 Main Street, Charlestown
Bootcamp	6:00PM	ADSL Building at Town Field 1545 Dorchester Avenue, Dorchester
Barre	6:30PM	BCYF Vine Street Community Center 339 Dudley Street, Roxbury
POUND®	7:00PM	Anna Mae Cole Center 10 Lamartine Extension, Jamaica Plain
THURSDAYS		
Chair Yoga	10:00AM	Morville House at Symphony Park 39 Edgerly Road, Boston
Zumba®	6:00PM	BCYF Curtis Hall 20 South Street, Jamaica Plain
FRIDAYS		
Cardio Fitness	10:00AM	The Bubble at Carter Field 687 Columbus Avenue, Roxbury

*outdoor class; please dress accordingly

All classes are **FREE** and open to the public