





MASSACHUSETTS

THE BOSTON PARKS  
**WINTER**  
FITNESS SERIES

JANUARY 2 - APRIL 30, 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>YOGA</b> 6:00pm Jacqui	<b>DANCE FIT</b> 5:00pm K-Energy	<b>AFROBEATS DANCE</b> 6:30pm Janiqua	<b>CHAIR YOGA</b> 11:00am Ivor	<b>ZUMBA</b> 6:30pm Z-Spot	<b>CHAIR MEDITATION</b> 12:30pm Joe	<b>STRENGTH TRAINING</b> 9:00am G-Fit
	 <p><b>ALL CLASSES ARE VIRTUAL</b>  <b>CLASSES ARE FREE! REGISTRATION IS REQUIRED!</b>  <b>TO REGISTER, SCAN THE QR CODE</b></p>					