



City of Boston  
Parks and Recreation  
Mayor Michelle Wu



# THE BOSTON PARKS SUMMER FITNESS SERIES



**June 5 - October 1, 2022**

No Class on 7/4 & 9/5

	Time	Class	Location, Neighborhood
Sunday	10:00 a.m.	STRENGTH TRAINING	A Street Park, South Boston
	6:00 p.m.	YOGA	VIRTUAL
Monday	5:00 p.m.	DANCE FIT	VIRTUAL
	6:00 p.m.	BARRE	Savin Hill Park, Dorchester (The Courts)
	6:00 p.m.	YOGA	Adams Park, Roslindale
Tuesday	6:30 a.m.	YOGA	Doherty Playground, Charlestown
	7:00 a.m.	HIIT	VIRTUAL
	6:00 p.m.	FAMILY FITNESS	LoPresti Park, East Boston (Sumner & New Street)
	6:00 p.m.	FAMILY ZUMBA	Hunt-Almont Park, Mattapan (Tennis Courts)
	6:00 p.m.	KICK IT	Brighton Common, Allston-Brighton
6:30 p.m.	ZUMBA	Blackstone Square, South End	
Wednesday	9:00 a.m.	STRENGTH & CONDITIONING	Elliot Norton Park, Chinatown
	5:30 p.m.	PRE- AND POSTNATAL FRIENDLY BARRE	VIRTUAL
	6:00 p.m.	LINE DANCING	Franklin Park, Dorchester (Near the Golf Clubhouse)
	6:00 p.m.	305 DANCE	Christopher Columbus Park, North End (Lawn area)
Thursday	6:30 a.m.	FUSION FIT	VIRTUAL
	10:00 a.m.	CHAIR YOGA	Symphony Park, Fenway
	6:00 p.m.	AFROBEATS	Gertrude Howes Playground, Roxbury
	6:00 p.m.	ZUMBA TONE	Billings Field, West Roxbury (Behind the tennis courts)
	6:00 p.m.	POUND	Mozart Street Playground, Jamaica Plain
	6:00 p.m.	FROG POND YOGA	Boston Common, Downtown (Near the Carousel)
Friday	10:00 a.m.	GENTLE YOGA	McLaughlin Playground, Mission Hill (across from 170 Parker Hill Ave)
	12:00 p.m.	CHAIR YOGA	VIRTUAL
Saturday	8:00 a.m.	WALKING GROUP	Franklin Park, Dorchester (Near the Golf Clubhouse)
	10:00 a.m.	HIIT	Iacono Playground, Hyde Park
	10:00 a.m.	ZUMBA	VIRTUAL

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**Virtual Registration:**  
[boston.gov/fitness](http://boston.gov/fitness)



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