



[boston.gov/fitness](https://boston.gov/fitness)

## JANUARY 5 - APRIL 4, 2026

MONDAY		
1:00 p.m.	Strength & Balance	East Boston Senior Center
TUESDAY		
4:30 p.m.	Kids Dance Fitness	BCYF Roslindale Community Center
WEDNESDAY		
1:00 p.m.	Tai Chi	Veronica Smith Senior Center
THURSDAY		
6:30 p.m.	Line Dancing	BCYF Hyde Park Community Center
FRIDAY		
6:00 p.m.	Bota Fogo Dance	BCYF Vine Street Community Center
SATURDAY		
11:00 a.m.	Yoga	BCYF Mildred Ave Community Center
12:00 p.m.	Walking Group	Franklin Park Golf Clubhouse

No classes will be held on 1/19 and 2/16.

