

FREE

**BOSTON PARKS
WINTER
FITNESS SERIES**



boston.gov/fitness

JANUARY 5 - APRIL 4, 2026

MONDAY

1:00 p.m.	Strength & Balance	East Boston Senior Center
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TUESDAY

4:30 p.m.	Kids Dance Fitness	BCYF Roslindale Community Center
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WEDNESDAY

1:00 p.m.	Tai Chi	Veronica Smith Senior Center
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THURSDAY

6:30 p.m.	Line Dancing	BCYF Hyde Park Community Center
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FRIDAY

6:00 p.m.	Bota Fogo Dance	BCYF Vine Street Community Center
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SATURDAY

11:00 a.m.	Yoga	BCYF Mildred Ave Community Center
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12:00 p.m.	Walking Group	Franklin Park Golf Clubhouse
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No classes will be held on 1/19 and 2/16.

CITY of BOSTON



Parks and Recreation



TITLE SPONSOR



MASSACHUSETTS