TROOPS FOR FITNESS

FREE

October 2016

FREE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Bootcamp w/ Gary @ Christopher Columbus Park, North End, 6:30am	4 Teen Yoga w/ Roxanne @ Boys & Girls Club of Dorchester, Marr Clubhouse, 8:00pm	5 Gentle Yoga w/ Roxanne @ ABCD, North End, 10 am	6	7 Bootcamp w/ Gary @ Christopher Columbus Park, North End, 6:30am	8
9	10 Bootcamp w/ Gary @ Christopher Columbus Park, North End, 6:30am	11 Teen Yoga w/ Roxanne @ Boys & Girls Club of Dorchester, Marr Clubhouse, 8:00pm	12 Gentle Yoga w/ Roxanne @ ABCD, North End, 10 am	13	14 Bootcamp w/ Gary @ Christopher Columbus Park, North End, 6:30am	15
16	17 Bootcamp w/ Gary @ Christopher Columbus Park, North End, 6:30am	18 Teen Yoga w/ Roxanne @ Boys & Girls Club of Dorchester, Marr Clubhouse, 8:00pm	19 Gentle Yoga w/ Roxanne @ ABCD, North End, 10 am	20	21 Bootcamp w/ Gary @ Christopher Columbus Park, North End, 6:30am	22
23/30	24/31 Bootcamp w/ Gary @ Christopher Columbus Park, North End, 6:30am 	25 Teen Yoga w/ Roxanne @ Boys & Girls Club of Dorchester, Marr Clubhouse, 8:00pm	26 Gentle Yoga w/ Roxanne @ ABCD, North End, 10 am	27	28 Bootcamp w/ Gary @ Christopher Columbus Park, North End, 6:30am	29

Events, times and locations are subject to change.
All classes are one hour long unless otherwise noted.
Please check www.cityofboston.gov/parks for the most up to date schedule. Cancellations will be posted on social media: @BostonParksDept and F/BostonParksDepartment