



# TROOPS FOR FITNESS

FREE

July 2016

FREE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Beginners muscle & Strength w/Jessica Hynes Field, 3pm	2
3 Beginners muscle & Strength w/Jessica Hynes Field, 3pm	4 	5 Bootcamp w/ Justin Moakley Football Field, 6:30am Walking/Balancing w/Alvin @BCYF Roslindale Community Center 10am	6 Running/Walking Group w/ Alvin @Franklin Park Clubhouse Dorchester, 6pm	7 Bootcamp w/ Justin Moakley Football Field, 6:30am	8 Beginners muscle & Strength w/Jessica Hynes Field, 3pm	9
10 Beginners muscle & Strength w/Jessica Hynes Field, 3pm	11 Bootcamp w/ Gary Christopher Columbus, North End 6:30am	12 Bootcamp w/ Justin Moakley Football Field, 6:30am Yoga w/ Roxanne Marr Clubhouse, Dorchester 8pm	13 Running/Walking Group w/ Alvin @Franklin Park Clubhouse Dorchester, 6pm	14 Bootcamp w/ Justin Moakley Football Field, 6:30am Walking/Balancing w/Alvin @Franklin BCYF Roslindale Community Center 10am Yoga w/ Roxanne Roan Park, Dorchester 7pm	15 Beginners muscle & Strength w/Jessica Hynes Field, 3pm	16
17 Beginners muscle & Strength w/Jessica Hynes Field, 3pm	18 Bootcamp w/ Gary Christopher Columbus, North End 6:30am Running/Walking Group w/ Alvin @Franklin Park Clubhouse Dorchester, 6pm	19 Bootcamp w/ Justin Moakley Football Field, 6:30am Walking/Balancing w/Alvin @BCYF Roslindale Community Center 10am Yoga w/ Roxanne Marr Clubhouse, Dorchester 8pm	20 Running/Walking Group w/ Alvin @Franklin Park Clubhouse Dorchester, 6pm	21 Bootcamp w/ Justin Moakley Football Field, 6:30am Walking/Balancing w/Alvin @Franklin BCYF Roslindale Community Center 10am Yoga w/ Roxanne Roan Park, Dorchester 7pm	22 Beginners muscle & Strength w/Jessica Hynes Field, 3pm	23
24/31 Beginners muscle & Strength w/Jessica Hynes Field, 3pm	25 Running/Walking Group w/ Alvin @Franklin Park Clubhouse Dorchester, 6pm	26 Bootcamp w/ Justin Moakley Football Field, 6:30am Walking/Balancing w/Alvin @BCYF Roslindale Community Center 10am Yoga w/ Roxanne Marr Clubhouse, Dorchester 8pm	27 Running/Walking Group w/ Alvin @Franklin Park Clubhouse Dorchester, 6pm	28 Bootcamp w/ Justin Moakley Football Field, 6:30am Walking/Balancing w/Alvin @Franklin BCYF Roslindale Community Center 10am Yoga w/ Roxanne Roan Park, Dorchester 7pm	29	30

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