BOSTON MOVES FOR HEALTH

BOSTON PARKS & RECREATION

Martin J. Walsh, Mayor

PRESENT

THE BOSTON PARKS SUMMER FITNESS SERIES

FREE FITNESS CLASSES IN YOUR NEIGHBORHOOD PARKS

LIST OF EVENTS AND CALENDAR FOR THIS SUMMER

PICK YOUR ACTIVITY

BOOT CAMP

Boot Camp classes are high energy and fun. They target your cardiovascular system and muscles, utilizing exercises such as jumping jacks, push-ups and lunges. The instructor will use outdoor elements to conduct the exercises and will encourage you to push through the workout.

LINE DANCING

Move to the music in a fun workout that involves choreographed steps and upbeat dancing with a group of people. Our instructors will have you ready for your Dancing with the Stars audition in no time!

TAI CHI

Tai Chi, an ancient Chinese martial art, is used as a slow-moving exercise to achieve relaxation and stress reduction. Tai Chi offers benefits for the body, mind and spirit.

YOGA

Yoga is a physical, mental, and spiritual practice that originated in ancient India. Instructors will provide flow movement for people of all levels. Yoga challenges your mental and physical being, releases stress and expands your energy.

ZUMBA GOLD

This fun Zumba class allows people to move to the beat at their own pace. It's an invigorating, community-oriented dance-fitness class. Zumba Gold classes provide modified, low-impact moves for active older adults.

ZUMBA

Zumba involves energetic dance and aerobic elements. Instructors provide choreographed moves of hip-hop, soca, samba, salsa, merengue, mambo, and martial arts. Squats and lunges are also part of the workout.

SALSA DANCING

This high energy dance lesson will have you stepping to salsa music before the Tito Puente Latin Music Concert series.

LOCATIONS

BRIGHTON COMMONS
30 Chestnut Hill Avenue
Allston-Brighton, MA 02135

CHRISTOPHER COLUMBUS PARK
110 Atlantic Avenue
Boston, MA 02110

EDEN STREET/MCCARTHY PARK
10 Eden Street
Charlestown, MA 02129

FALLON FIELD
910 South Street
Roslindale, MA 02131

FRANKLIN PARK
1 Circuit Drive
Dorchester, MA 02121

FROG POND - BOSTON COMMON
38 Beacon Street
Boston, MA 02108

HUNT ALMONT PARK
40 Almont Street
Mattapan, MA 02126

HYNES PLAYGROUND
502 VFW Parkway
West Roxbury, MA 02132

LANGONE PARK
529 Commercial Street
North End, MA 02109

MALCOLM X PARK
164 MLK Jr. Boulevard
Roxbury, MA 02119

MCLAUGHLIN PLAYGROUND
239 Parker Hill Avenue
Jamaica Plain, MA 02120

MISSION HILL PLAYGROUND
60 Smith Street
Mission Hill, MA 02120

MOAKLEY PARK
1005 Columbia Road
South Boston, MA 02127

O'DAY PLAYGROUND
75 West Newton Street
South End, MA 02118

PARIS STREET PARK
115 Paris Street
East Boston, MA 02128

ROSS PLAYGROUND
145 Westminster Street
Hyde Park, MA 02136

SYMPHONY PARK
30 Edgerly Road
The Fenway, MA 02115

TOWN FIELD
1534 Dorchester Avenue
Dorchester, MA 02122

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 **Fitness Kick Off** 5:30-7 PM *CCP*	3 **Tai Chi** 10-11 AM *SYP*	4 **Line Dancing** 6:30-7:30 PM *FLP*	5 **Yoga** 6-7:15 PM *FP* **Tai Chi** 12:30-1:30 PM *FLP*	6 **Boot Camp** 6:30-7:30 AM *CCP*	7
8	9 **Zumba Gold** 10-11 AM *BC* **Zumba** 6-7 PM *CCP*	10 **Tai Chi** 10-11 AM *SYP*	11 **Line Dancing** 6:30-7:30 PM *FLP*	12 **Yoga** 6-7:15 PM *FP* **Tai Chi** 12:30-1:30 PM *FLP*	13 **Boot Camp** 6:30-7:30 AM *CCP*	14
15	16 **Zumba Gold** 10-11 AM *EMP* **Zumba** 6-7 PM *CCP*	17 **Tai Chi** 10-11 AM *SYP*	18 **Line Dancing** 6:30-7:30 PM *FLP*	19 **Yoga** 6-7:15 PM *FP* **Tai Chi** 12:30-1:30 PM *FLP*	20 **Boot Camp** 6:30-7:30 AM *CCP*	21
22	23 **Zumba Gold** 10-11 AM *LP* **Zumba** 6-7 PM *CCP*	24 **Tai Chi** 10-11 AM *SYP*	25 **Line Dancing** 6:30-7:30 PM *FLP*	26 **Yoga** 6-7:15 PM *FP* **Tai Chi** 12:30-1:30 PM *FLP*	27 **Boot Camp** 6:30-7:30 AM *CCP*	28 **Yoga** 10-11 AM *FLP* *(Schoolmaster Hill)*
29	30 **Zumba Gold** 10-11 AM *RP* **Zumba** 6-7 PM *CCP*					

JULY

		1 **Tai Chi** 10-11 AM *SYP*	2 **Line Dancing** 6:30-7:30 PM *FLP*	3 **Yoga** 6-7:15 PM *FP* **Tai Chi** 12:30-1:30 PM *FLP*	4 **Boot Camp** 6:30-7:30 AM *CCP*	5
6	7 **Zumba Gold** 10-11 AM *HP* **Zumba** 6-7 PM *CCP*	8 **Tai Chi** 10-11 AM *SYP*	9 **Line Dancing** 6:30-7:30 PM *FLP*	10 **Yoga** 6-7:15 PM *FP* **Tai Chi** 12:30-1:30 PM *FLP*	11 **Boot Camp** 6:30-7:30 AM *CCP*	12 **Yoga** 10-11 AM *FLP* *(Schoolmaster Hill)*
13	14 **Zumba Gold** 10-11 AM *PSP* **Zumba** 6-7 PM *CCP*	15 **Tai Chi** 10-11 AM *SYP*	16 **Line Dancing** 6:30-7:30 PM *FLP*	17 **Yoga** 6-7:15 PM *FP* **Tai Chi** 12:30-1:30 PM *FLP*	18 **Boot Camp** 6:30-7:30 AM *CCP*	19 **Yoga** 10-11 AM *FLP* *(Schoolmaster Hill)*
20	21 **Zumba Gold** 10-11 AM *HAP* **Zumba** 6-7 PM *CCP*	22 **Tai Chi** 10-11 AM *SYP*	23 **Line Dancing** 6:30-7:30 PM *FLP*	24 **Yoga** 6-7:15 PM *FP* **Tai Chi** 12:30-1:30 PM *FLP* **Salsa** 7-8 PM MHP	25 **Boot Camp** 6:30-7:30 AM *CCP*	26 **Yoga** 10-11 AM *FLP* *(Schoolmaster Hill)*
27	28 **Zumba Gold** 10-11 AM *MLP* **Zumba** 6-7 PM *CCP*	29	30 **Line Dancing** 6:30-7:30 PM *FLP*	31 **Yoga** 6-7:15 PM *FP* **Tai Chi** 12:30-1:30 PM *FLP* **Salsa** 7-8 PM *OP*		

AUGUST

					1 **Boot Camp** 6:30-7:30 AM *CCP*	2 **Yoga** 10-11 AM *FLP* *(Schoolmaster Hill)*
3	4 **Zumba Gold** 10-11 AM *MP* **Zumba** 6-7 PM *CCP*	5	6 **Line Dancing** 6:30-7:30 PM *FLP*	7 **Yoga** 6-7:15 PM *FP* **Tai Chi** 12:30-1:30 PM *FLP* **Salsa** 7-8 PM *OP*	8 **Boot Camp** 6:30-7:30 AM *CCP*	9 **Yoga** 10-11 AM *FLP* *(Schoolmaster Hill)*
10	11 **Zumba Gold** 10-11 AM *TF* **Zumba** 6-7 PM *CCP*	12	13 **Line Dancing** 6:30-7:30 PM *FLP*	14 **Yoga** 6-7:15 PM *FP* **Tai Chi** 12:30-1:30 PM *FLP*	15 **Boot Camp** 6:30-7:30 AM *CCP*	16 **Yoga** 10-11 AM *FLP* *(Schoolmaster Hill)*
17	18 **Zumba Gold** 10-11 AM *MXP* **Zumba** 6-7 PM *CCP*	19	20 **Line Dancing** 6:30-7:30 PM *FLP*	21 **Yoga** 6-7:15 PM *FP* **Tai Chi** 12:30-1:30 PM *FLP*	22 **Boot Camp** 6:30-7:30 AM *CCP*	23 **Yoga** 10-11 AM *FLP* *(Schoolmaster Hill)*
24 31	25 **Zumba Gold** 10-11 AM *FA* **Zumba** 6-7 PM *CCP*	26	27 **Line Dancing** 6:30-7:30 PM *FLP*	28 **Yoga** 6-7:15 PM *FP* **Tai Chi** 12:30-1:30 PM *FLP*	29 **Boot Camp** 6:30-7:30 AM *CCP*	30 **Yoga** 10-11 AM *FLP* *(Schoolmaster Hill)*

LOCATION KEY

See reverse side for addresses

BC Brighton Commons
CCP Christopher Columbus Park
EMP Eden St/McCarthy Park
FA Fallon Field
FLP Franklin Park
FP Frog Pond
HAP Hunt Almont Park
HP Hynes Playground
LP Langone Park
MXP Malcolm X Park
MLP McLaughlin Playground
MHP Mission Hill Playground
MP Moakley Park
OP O'Day Playground
PSP Paris Street Park
RP Ross Playground
SYP Symphony Park
TF Town Field

For information on cancellations, please check @healthyboston and @bostonparksdept or call 617.534.2518

THE BOSTON PARKS SUMMER FITNESS SERIES

FOR INFORMATION ON OTHER FITNESS RELATED ACTIVITIES AND EVENTS HAPPENING IN YOUR AREA PLEASE VISIT:

BostonHarborIslands.org/lets-move-outside
BostonMovesforHealth.org
CityofBoston.gov/bikes
CityofBoston.gov/bcyf

BOSTON PUBLIC HEALTH COMMISSION

MASSACHUSETTS

BOSTON PARKS & RECREATION
Martin J. Walsh, Mayor

BPHC.ORG
CITYOFBOSTON.GOV/PARKS

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@BOSTONPARKSDEPT