

# Locations

Hunt Almont  
40 Almont Street  
Mattapan, MA 02126

Iacono Playground  
150 Readville Street,  
Hyde Park, MA 02136

Jamaica Pond  
Jamaicaway  
Jamaica Plain, MA 02130

LoPresti Park  
33 Sumner Street  
East Boston, MA 02128

McGann Playground  
240 W Street  
Hyde Park, MA 02136

Medal of Honor (M Street)  
775 E 1st Street  
South Boston, 02127

Menino Park  
98 16th Street  
South Boston, MA 02129

Mothers Rest @ Four Corners  
410 Washington Street  
Dorchester, 02124

Symphony Park  
30 Ederly Road  
The Fenway, MA 02115

Adams Park  
4225 Washington Street  
Roslindale, MA 02131

Blackstone Square  
50 W. Brookline Street  
South End, MA 02118

Boston Common Frog Pond  
38 Beacon Street  
Boston, MA 02108

Brighton Square  
30 Chesnut Hill Ave  
Brighton, MA 02135

Christopher Columbus Park  
110 Atlantic Avenue  
Boston, MA 02110

Elmhurst Park  
27-35 Elmhurst Street  
Dorchester, MA 02124

Franklin Square  
1530 Washington Street  
South End, MA 02118

Franklin Park  
1 Circuit Drive  
Dorchester, MA 02121

Gertrude Howes Playground  
72 Moreland Street  
Roxbury, MA 02119

# 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.

**GetFit: Full Body Fusion**  
Warm up with Pilates/Yoga-like stretches to prepare for a sequence of low-impact, weight-bearing exercises, followed by calming breath and muscle soothing stretch. All levels welcome.

**HIIT**  
High Intensity Interval Training. Repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery. All levels welcome.

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

**On the MOVE!**  
On the MOVE is a fun, play-inspired fitness program for kids ages 5-12 of all fitness levels. Classes incorporate fun obstacles, agility drills and body-weight movements to get kids more active and strong.

**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**  
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.



For information on other fitness related activities and events happening in your area please visit:

[Boston.gov/bcyf](http://Boston.gov/bcyf)  
[Boston.gov/bikes](http://Boston.gov/bikes)

[bphc.org](http://bphc.org)  
[boston.gov/parks](http://boston.gov/parks)

[@healthyboston](https://twitter.com/healthyboston)  
[@bostonparksdept](https://twitter.com/bostonparksdept)  
[#bostonmoves](https://twitter.com/bostonmoves)



MASSACHUSETTS

# THE BOSTON PARKS SUMMER FITNESS SERIES

FREE fitness classes in your neighborhood parks  
List of events and calendar for this summer



# Full Summer Class Schedule

All Classes Start June 3rd and end August 31st, 2017

View schedule online: [bphc.org/SummerFitness](http://bphc.org/SummerFitness)

## Mondays

CLASS	TIME	PARK	NEIGHBORHOOD
Zumba	6:00 PM	Christopher Columbus Park	North End
Yoga	6:00 PM	Gertrude Howes	Roxbury
Salsa Dancing	6:00 PM	Blackstone Community Center Courtyard	South End
Yoga	6:30 PM	McGann Playground	Hyde Park
Line Dancing	6:30 PM	Franklin Park, Refectory Hill	Dorchester

## Tuesdays

Yoga	6:30 AM	Medal of Honor Park (M Street)	South Boston
Tai Chi	7:00 AM	Adams Park	Roslindale
Chair Yoga	10:00 AM	Symphony Park	The Fenway
Zumba	6:00 PM	Gertrude Howes	Roxbury
Yoga	6:00 PM	Franklin Square	South End
GetFit: Full Body Fusion	6:30 PM	Elmhurst Park	Dorchester

## Wednesdays

On the MOVE! (for kids)	10:00 AM	Thomas M. Menino Park	Charlestown
Family Zumba	6:00 PM	LoPresti Park	East Boston
Line Dancing	6:30 PM	Franklin Park, Refectory Hill	Dorchester
HIIT	6:30 PM	Brighton Square	Brighton

## Thursdays

Gentle Yoga	10:00 AM	Christopher Columbus Park	North End
On the MOVE! (for kids)	10:00 AM	Medal of Honor Park (M Street)	South Boston
Yoga	10:00 AM	Almont Park	Mattapan
Tai Chi (last class on July 27th)	10:00 AM	Symphony Park	The Fenway
Yoga	6:00 PM	Boston Common Frog Pond	Downtown
HIIT	6:00 PM	Mothers Rest @ Four Corners	Dorchester

## Fridays

Boot Camp	6:30 AM	Christopher Columbus Park	North End
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## Saturdays

Walking Group	8:00 AM	Franklin Park	Dorchester
Yoga	9:15 AM	Franklin Park, School Master Hill	Dorchester
Family Yoga	10:00 AM	Almont Park	Mattapan

## Sundays

Yoga	2:00 PM	Jamaica Pond, Pinebank Promontory	Jamaica Plain
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For information on cancellations, please check Twitter @healthyboston and @bostonparksdept or call 617.534.2355

