

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

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.

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.

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.

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!

HIIT Workout
Experience high intensity interval training (HIIT) with short intervals of intense movement that will challenge your muscle and metabolism while set to motivating music.

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.

Pick Your Activity

Locations

Blackstone Park 50 W. Brookline Street South End, MA 02118	Boston Common 38 Beacon Street Boston, MA 02108	Jamaica Pond Jamaica Pond Promontory Jamaica Plain, MA 02130	Madison Park 122 Dewitt Drive Boston, MA 02120	Symphony Park 30 Edgerly Road The Fenway, MA 02115	Gertrude Howes Playground 72 Moreland Street Roxbury, MA 02119
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For information on other fitness related activities and events happening in your area please visit:

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



bphc.org
cityofboston.gov/parks



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[#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



june

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	1 Zumba 6-7 PM CCP Salsa in the Park 5-8 PM BP	2	3 Yoga 10-11:15 AM HP Line Dancing 6:30-7:30 PM FLP	4 Yoga 6-7:15 PM BCFP	5 Boot Camp 6:30-7:30 AM CCP	6
7	8 Zumba 6-7 PM CCP Salsa in the Park 5-8 PM BP	9 Yoga 6:00-7:00 PM JP	10 Yoga 10-11:15 AM HP Line Dancing 6:30-7:30 PM FLP	11 Yoga 6-7:15 PM BCFP	12 Boot Camp 6:30-7:30 AM CCP Yoga 1-2 PM CLP	13
14	15 Zumba 6-7 PM CCP Salsa in the Park 5-8 PM BP	16 Yoga 6:00-7:00 PM JP	17 Yoga 10-11:15 AM HP Line Dancing 6:30-7:30 PM FLP	18 Yoga 6-7:15 PM BCFP	19 Boot Camp 6:30-7:30 AM CCP	20
21	22 Zumba 6-7 PM CCP Salsa in the Park 5-8 PM BP	23 Tai Chi 10-11 AM SYP Yoga 6:00-7:00 PM JP	24 Yoga 10-11:15 AM HP Line Dancing 6:30-7:30 PM FLP	25 Senior Yoga 10-11 AM SYP Yoga 6-7:15 PM BCFP	26 Boot Camp 6:30-7:30 AM CCP	27
28	29 Zumba 6-7 PM CCP Salsa in the Park 5-8 PM BP	30 Tai Chi 10-11 AM SYP Yoga 6:00-7:00 PM JP Zumba 6-7 PM GH				

july

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5	6 HIIT 7:30-8:30 AM MP Zumba 6-7 PM CCP Salsa in the Park 5-8 PM BP	7 Tai Chi 10-11 AM SYP Yoga 6:00-7:00 PM JP Zumba 6-7 PM GH	8 Yoga 10-11:15 AM HP Line Dancing 6:30-7:30 PM FLP	9 Senior Yoga 10-11 AM SYP Yoga 6-7:15 PM BCFP	10 Boot Camp 6:30-7:30 AM CCP Yoga 1-2 PM CLP	11
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august

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Location Key

BP Blackstone Park

BCFP Boston Commons Frog Pond

CCP Christopher Columbus Park

FLP Franklin Park

GH Gertrude Howes

HP Harambee Park

JP Jamacia Pond (Pinebank Promontory)

MP Madison Park

SYP Symphony Park

See reverse side for addresses