

FREE!

THE BOSTON PARKS WINTER FITNESS SERIES

In-person and virtual fitness classes



boston.gov/fitness

JANUARY 7 - APRIL 6, 2024

SUNDAY

8:00 a.m. **HIIT** Virtual

MONDAY

10:00 a.m. **Yoga** BCYF Roslindale Center, Roslindale
5:00 p.m. **Zumba®** Virtual

TUESDAY

11:00 a.m. **Strength & Balance** East Boston Senior Center, East Boston
6:00 p.m. **Yoga** Virtual

WEDNESDAY

6:00 p.m. **Afrobeats** BCYF Vine Street Community Center, Roxbury
6:00 p.m. **Strength & Conditioning** Virtual

THURSDAY

7:00 a.m. **Cardio Kickboxing** Virtual
1:00 p.m. **Tai Chi** Veronica Smith Center, Allston-Brighton

FRIDAY

12:00 p.m. **Chair Yoga** Virtual

SATURDAY

10:00 a.m. **Zumba®** Virtual

Virtual Registration: boston.gov/fitness

No classes on 1/15 & 2/19

TITLE SPONSOR



CITY of **BOSTON**



Parks and Recreation

