



THE BOSTON PARKS FALL FITNESS SERIES



Virtual and in-person fitness classes

SEPTEMBER 24 - NOVEMBER 4, 2023

DAY OF WEEK	TIME	CLASS	LOCATION
Sunday	11:00 a.m.	Family Zumba	Noyes Playground, East Boston (Basketball courts)
Monday	10:00 a.m.	Gentle Yoga	Adams Park, Roslindale
	5:00 p.m.	Afrobeats Dance	Virtual
Tuesday	6:00 p.m.	Yoga	Virtual
Wednesday	6:00 p.m.	Strength & Conditioning	Virtual
Thursday	7:00 a.m.	HIIT	Virtual
	1:00 p.m.	Tai Chi	Brighton Common, Brighton
Friday	12:00 p.m.	Chair Yoga	Virtual
Saturday	9:00 a.m.	Walking Group	Franklin Park
	10:00 a.m.	Zumba	Virtual

For class registration, visit boston.gov/fitness

CITY of **BOSTON**



Parks and Recreation

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Scan the QR code for the full class schedule. To receive the Zoom links for virtual classes without signing up, email fitness@bphc.org.

