



BOSTON PARKS WINTER FITNESS SERIES



In-person and virtual classes

boston.gov/fitness

JANUARY 5 - APRIL 5, 2025

SUNDAY		
8:00 a.m.	HIIT	Virtual
MONDAY		
10:00 a.m.	Strength & Balance	East Boston Senior Center, East Boston
6:00 p.m.	HIIT	Virtual
TUESDAY		
5:30 p.m.	Yoga	Virtual
5:45 p.m.	Zumba®	Gallivan Community Center, Dorchester
WEDNESDAY		
1:00 p.m.	Fit for Life	Veronica Smith Senior Center, Brighton
6:00 p.m.	Yoga	Virtual
THURSDAY		
6:00 p.m.	Dance Fit	Virtual
6:30 p.m.	Line Dancing	Hyde Park Community Center, Hyde Park
FRIDAY		
12:00 p.m.	Chair Yoga	Virtual
7:00 p.m.	HIIT	Roslindale Community Center, Roslindale
SATURDAY		
10:00 a.m.	Zumba®	Virtual

No classes on 1/20 & 2/17

