



All fitness levels are welcome!

BOSTON PARKS SUMMER FITNESS SERIES

May 3 - August 29, 2026



For more details:
boston.gov/fitness

	TIME	CLASS	LOCATION, NEIGHBORHOOD
SUNDAY	8:00 a.m.	Yoga	Elliot Norton Park, Chinatown
	8:00 a.m.	Strength Training	Hynes Playground, West Roxbury
MONDAY	5:30 p.m.	Yoga	Adams Park, Roslindale
	6:00 p.m.	Ritmo (Rhythm) & Power	Iacono Playground, Hyde Park
	6:00 p.m.	All Levels Yoga	Medal of Honor Park, South Boston
	6:30 p.m.	Zumba®	East Boston Memorial Park, East Boston
TUESDAY	5:30 p.m.	All Ages Yoga	Winthrop Square, Charlestown (Training Field)
	6:00 p.m.	Kick It by Eliza	Brighton Common, Brighton
	6:00 p.m.	Zumba®	Marcella Playground, Roxbury
	6:30 p.m.	Family Zumba®	Walker Playground, Mattapan
WEDNESDAY	5:30 p.m.	Yoga	Horatio Harris Park, Roxbury
	6:00 p.m.	Zumba®	Mozart Street Playground, Jamaica Plain
	6:00 p.m.	Stretch & Mobility	Codman Square Park, Dorchester
	6:00 p.m.	Family Yoga	Portsmouth Street Playground, Allston
	6:30 p.m.	BCBS Line Dancing	Franklin Park, Dorchester (Refectory Hill)
THURSDAY	10:00 a.m.	Chair Yoga	Symphony Park, Fenway
	6:00 p.m.	BCBS Yoga	Boston Common, Downtown (Frog Pond)
	6:00 p.m.	Bota Fogo Dance Fitness	Christopher Columbus Park, North End
	6:30 p.m.	Dancehall Bootcamp	Mission Hill Playground, Mission Hill
FRIDAY	10:00 a.m.	Tai Chi	Titus Sparrow Park, South End
SATURDAY	8:00 a.m.	Walking Group	Franklin Park, Dorchester (Golf Clubhouse)
	10:00 a.m.	Yoga	Savin Hill Park, Dorchester

No classes will be held on 5/25, 6/19, & 7/4

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