

2022 Greenway Fitness Program Guide

Presented by Blue Cross Blue Shield of Massachusetts

Presented by:



MASSACHUSETTS

THE
GREEN
WAY

Fitness Class Series

**THE
GREEN
WAY**

Armenian Heritage Park

Class: Tea & Tranquility &
Introduction: Walking the Labyrinth

Date: Wednesdays, May 18, Jun 1,
Jul 6, Aug 3, and Sept 7

Time: 4pm-5pm

Location: Armenian Heritage Park

Learn more [here](https://armenianheritagepark.org).



armenianheritagepark.org



[@armenianheritagepark](https://www.instagram.com/armenianheritagepark)

**THE
GREEN
WAY**

B/SPOKE Studios

Class: TRAIN X by B/SPOKE

Date: Wednesdays, July 13 -
August 31, 2022

Time: 5:30pm - 6:15pm

Location: Dewey Square Lawn

Learn more [here](#).



@bspokestudios



@bspokestudios



@bibim_box

**THE
GREEN
WAY**

Eleonora Francesca Cordovani - Yoga & Theater

Class: Gentle Morning Hatha
Yoga with Eleonora

Date: Saturdays, Jun 4, Aug
13, Aug 27, and Sept 10, 2022

Time: 10:30am - 11:30am

Location: North St.

Register [here](#).



@eleonoracordovani



@Eleonora.Francesca.Cordovani.Yoga.Theater

**THE
GREEN
WAY**

Healthworks Fitness

Class: HIIT by Healthworks

Date: Mondays, May 30-
September 26, 2022*

Time: 5:15pm - 6:00pm

Location: Rowes Wharf Lawn

Register [here](#).



*No classes will be held on 5/30, 7/4, and 9/5 in observance of holidays



@healthworksfit



healthworksfitness.com

**THE
GREEN
WAY**

Healthworks Fitness

Class: Flow Yoga by Healthworks

Date: Mondays, May 30-
September 26, 2022*

Time: 6:15pm - 7:00pm

Location: Rowes Wharf Lawn

Register [here](#).



*No classes will be held on 5/30, 7/4, and 9/5 in observance of holidays



@healthworksfit



healthworksfitness.com

**THE
GREEN
WAY**

Ms. Bonafide Creations & Yoga

Class: Yoga with Malaika

Date: Tuesdays, Jun 14, Jun 28, Jul 12, Jul 26, Aug 9, Aug 23, Sept 6, and Sept 20, 2022

Time: 5:30pm - 6:30pm

Location: Dewey Square Lawn

Register [here](#).



@msbonafidecreations



msbonafidecreations.com

**THE
GREEN
WAY**

Parkour Generations Boston

Class: Intro to Parkour
(Adults/Teens ages 14 - 60+)

Date: Tuesdays, July 12 - July 26, 2022

Time: 6:00pm - 7:00pm

Location: High St.

Register [here](#).



@pkgenboston



@PKGABoston



pkgenboston.com

THE
GREEN
WAY

Parkour Generations Boston

Class: Intro to Low Impact Parkour (Adult ages 40+)

Date: Tuesdays, August 9 - August 23, 2022

Time: 6:00pm - 7:00pm

Location: High St.

Register [here](#).



@pkgenboston



@PKGABoston



pkgenboston.com

**THE
GREEN
WAY**

Parkour Generations Boston

Class: Parkour on The Greenway (Adults/Teens ages 14 - 60+)

Date: Tuesdays, Sept 6 - Sept 20, 2022

Time: 6:00pm - 7:00pm

Location: High St.

Register [here](#).



@pkgenboston



@PKGABoston



pkgenboston.com

**THE
GREEN
WAY**

Soma Yoga Center

Class: Yoga 4 All with Soma
Yoga

Date: Sundays, June 26th -
October 2, 2022*

Time: 5:00pm - 6:00pm

Location: North St.

Register [here](#).



*No classes will be held on 7/3 in observance of holidays



@somayogacenter



somayogacenter.com

**THE
GREEN
WAY**

Train with Theresa

Class: BURN by Train with Theresa

Date: Wednesdays, July 6 - August 31, 2022

Time: 5:30pm - 6:30pm

Location: High St.

Register [here](#).

*Class on July 6 will take place on Rows Wharf Lawn at High St.



@Theresa_latona



TrainwithTheresa.com

**THE
GREEN
WAY**

Yoga with Hannah

Class: Vinyasa Flow with Hannah

Date: Thursdays, Jun 23, Jul 28, and Aug 25, 2022

Time: 5:30pm - 6:30pm

Location: Rowes Wharf Lawn

Register [here](#).



@hannahb397

**THE
GREEN
WAY**

One-Time Fitness Events



Armenian Heritage Park

Class: Labyrinth Walking
Wellness

Date: June 26, 2022

Time: 2pm-3pm

Location: Armenian Heritage
Park

Learn more [here](#).



armenianheritagepark.org



[@armenianheritagepark](https://www.instagram.com/armenianheritagepark)

**THE
GREEN
WAY**

Divine Yoga with Dana

Class: All Levels Yoga Class
with Dana

Date: Saturday, August 6,
2022

Time: 12:30pm - 1:30pm

Location: Rowes Wharf Lawn

Learn more [here](#).



@DivineYogawithDana



@DivineYogawithDana

**THE
GREEN
WAY**

InnerCity Weightlifting

Class: Body Weight Circuit by
InnerCity Weightlifting

Date: Wednesday, June 22,
2022*

Time: 5:30pm - 6:30pm

Location: Rowes Wharf Lawn

Register [here](#).

*Rain date scheduled for June 30



innercityweightlifting.org

**THE
GREEN
WAY**

Parkour Generations Boston

Class: Popup Parkour
Playground & Intro Workshop

Date: Saturday July 16 &
August 27, 2022

Time: 12:00pm - 4:00pm

Location: High St.

Register [here](#) and [here](#).



@pkgenboston



@PKGABoston



pkgenboston.com

**THE
GREEN
WAY**

Soma Yoga Center

Class: Soma Summer Solstice Celebration!

Date: Saturday, June 18, 2022

Time: 10:00am - 11:30am

Location: North St.

Register [here](#).



@somayogacenter



somayogacenter.com

**THE
GREEN
WAY**

ZUMBA with Liz

Class: ZUMBA with Liz

Date: Saturday, June 25th,
2022

Time: 10:00am - 11:00am

Location: Rowes Wharf Lawn

Learn more [here](#).



@ZUMBAwithLIZM



@ZUMBAwithLiz



ZUMBAwithLIZ.com

**THE
GREEN
WAY**