Greenway Fitness Program
Presented by Blue Cross Blue Shield

We have over 130 fitness classes scheduled with a range of options including yoga, Zumba, HIIT, bodyweight circuit, and strength classes; there’s truly something for everyone! Check out the schedule below and find a time that works best for you!

<table>
<thead>
<tr>
<th>CLASS SERIES</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Class</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Monday</td>
<td>5:30-6:30p</td>
<td>High St</td>
<td>HIIT x Healthworks</td>
<td>Jun-Sep</td>
</tr>
<tr>
<td></td>
<td>Monday</td>
<td>6:15p-7:00p</td>
<td>High St</td>
<td>Flow Yoga x Healthworks</td>
<td>Jun-Sep</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Tuesday</td>
<td>12:15p-1:15p</td>
<td>Armenian Heritage Park</td>
<td>Mid-Day Labrinth Walks at the Park</td>
<td>Jul-Aug</td>
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<tr>
<td></td>
<td>Tuesday</td>
<td>5:30-6:30p</td>
<td>India St</td>
<td>Kick it by Eliza with Jackie</td>
<td>Jun-Jul</td>
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<tr>
<td></td>
<td>Tuesday</td>
<td>5:30-6:30p</td>
<td>India St</td>
<td>African and Caribbean Dance Fitness by 'Froca Fitness</td>
<td>Aug-Sep</td>
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<tr>
<td></td>
<td>Tuesday</td>
<td>6:30p-7:30p</td>
<td>High St</td>
<td>Source Method Breathwork and Meditation</td>
<td>7/18, 8/22</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Wednesday</td>
<td>11:30a-12:15p</td>
<td>Chin Park</td>
<td>Zumba Gold by Wang YMCA</td>
<td>Jun-Jul</td>
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<tr>
<td></td>
<td>Wednesday</td>
<td>1:45p-2:30p</td>
<td>Chin Park</td>
<td>Tai Chi Paradigm by CCMAA</td>
<td>Aug-Sep</td>
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<tr>
<td></td>
<td>Wednesday</td>
<td>5:30p-6:30p</td>
<td>Dewey Square</td>
<td>Slow Flow Yoga with Malaika</td>
<td>Jun-Jul</td>
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<tr>
<td></td>
<td>Wednesday</td>
<td>5:30p-6:30p</td>
<td>Dewey Square</td>
<td>Yoga Flow and Meditation with Flow Like Aer</td>
<td>Aug-Sep</td>
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<tr>
<td></td>
<td>Wednesday</td>
<td>5:30p-6:30p</td>
<td>High St</td>
<td>Signature Strength Powered by MoveStudios</td>
<td>Jun-Sep</td>
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<tr>
<td>Thursday</td>
<td>Thursday</td>
<td>7:30a-8:15a</td>
<td>Hanover St</td>
<td>Power Yoga with Jacqui Sweats</td>
<td>Jun-Sep</td>
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<tr>
<td></td>
<td>Thursday</td>
<td>12:15p-12:45p</td>
<td>Oliver St</td>
<td>Source Method Breathwork and Meditation</td>
<td>Jun-Sep</td>
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<td></td>
<td>Thursday</td>
<td>5:30p-6:30p</td>
<td>Dewey Square</td>
<td>Cardio Dance by TRILLFIT</td>
<td>Jun-Sep</td>
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<tr>
<td></td>
<td>Thursday</td>
<td>5:30p-6:30p</td>
<td>High St</td>
<td>Body Diversity Inclusivity &amp; Injury Prevention by Joint Ventures Physical Therapy</td>
<td>6/15, 8/3</td>
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<tr>
<td>Saturday</td>
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<td>12:00p-2:00p</td>
<td>High St</td>
<td>Intro to Hung Ger Kung Fu</td>
<td>6/17, 7/15, 8/19, 9/2</td>
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</tbody>
</table>

**ONE-TIME EVENTS**

- Saturday, June 17 from 10:00a - 12:00p - Soma Summer Solstice Celebration at Hanover St
- Saturday, July 22 from 1:30p-2:30p - Twerk with Tyh at High St
- Sunday, August 13 from 10:30a-11:30a - BronCore Bootcamp at High St
- Saturday, August 26 from 10:30a-11:30a - Gentle Flow Yoga with Eleonor at High St

Classes will begin the week of June 12th. The first session (June-July) will run through the week July 17 and the second session (August-September) will run through the week of September 4. Rain date weeks are scheduled in the middle and end of the season. Check our website calendar for a full list of dates and to see any schedule updates or weather cancellations.
Hanover St

Power Yoga with Jacqui Sweats:
Thursdays, 7:30a-8:15a

Soma Summer Solstice Celebration:
Saturday, 6/17, 10a-12p

Rowes Wharf Plaza

HIIT by Healthworks:
Mondays, 5:30p-6:00p

Signature Strength Powered by MoveStudios:
Wednesdays, 5:30p-6:30p

Oliver St

Source Method Breathwork & Meditation:
Tuesdays, 7/18 and 8/22, 6:30p-7:30p on High St

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Dewey Square

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Flow Like AER with Flow Like AER:
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Body Diversity Inclusivity & Injury Prevention by Joint Ventures Physical Therapy:
Thursdays, 6/15 and 8/3, 5:30p-6:30p on High St

Soma Summer Solstice Celebration:
Saturday, 6/17, 10a-12p on Hanover St

Intro to Hung Gar Kung Fu:
Saturdays, 6/17, 7/15, 8/19 and 9/2, 12:00p-2:00p on High St

Source Method Breathwork & Meditation:
Tuesdays, 7/18 and 8/22, 6:30p-7:30p on High St

Twerk with Tya:
Saturday, 7/22, 1:30p-2:30p on High St

BronCore Bootcamp:
Sunday, 8/13, 10:30a-11:30a on High St

Gentle Flow Yoga with Eleonora:
Saturday, 8/26, 10:30a-11:30a on High St

Armenian Heritage Park

Labyrinth Wellness Walk
Tuesdays from
7/11 - 8/29, 12:15pm-1:15pm

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Full Season:
Week of 6/12 to Week of 9/4

1st Half-Season:
Week of 6/12 to Week of 7/17

2nd Half-Season:
Week of 8/1 to Week of 9/4

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