

# Greenway Fitness Program

## Presented by Blue Cross Blue Shield

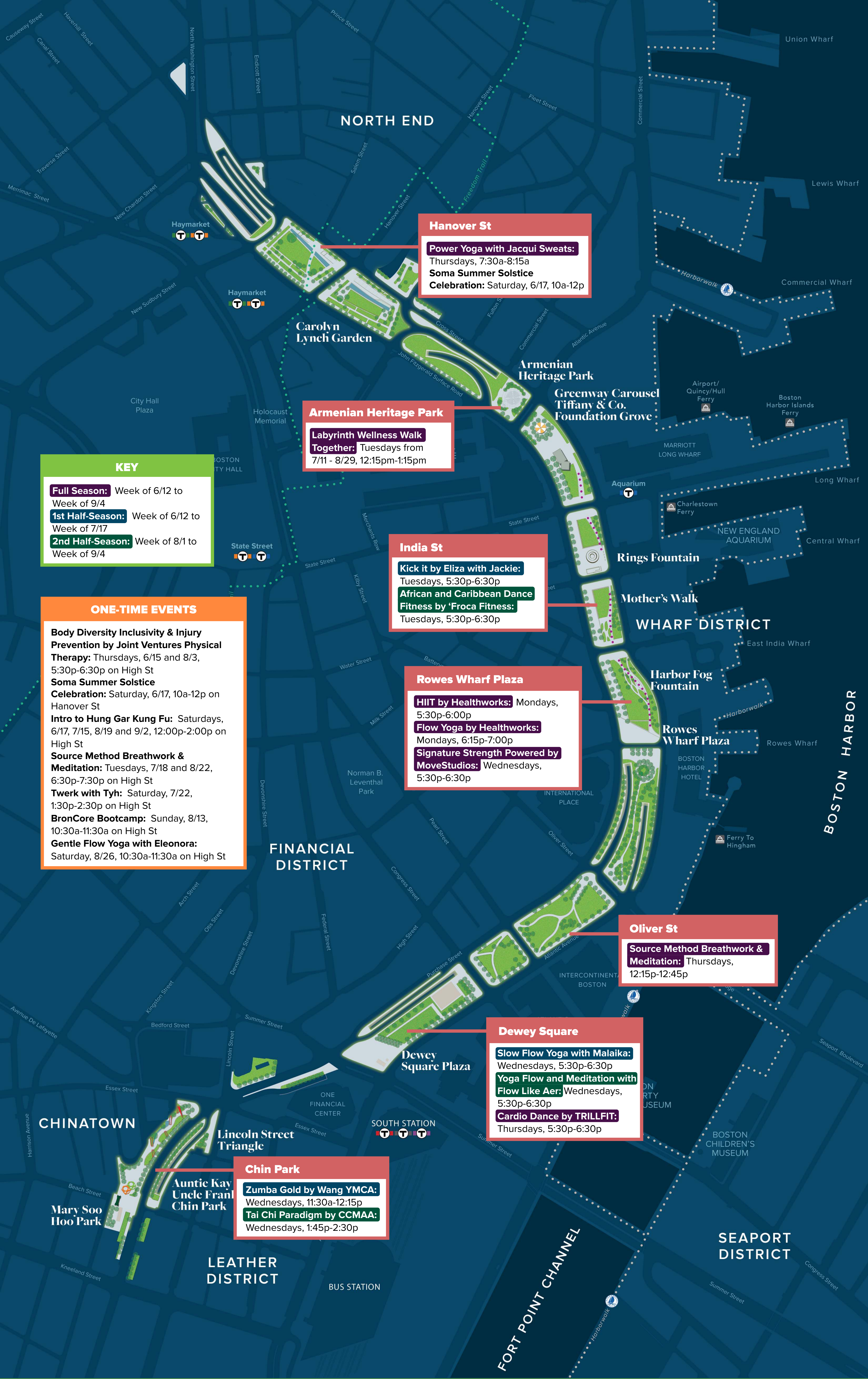
We have over 130 fitness classes scheduled with a range of options including yoga, Zumba, HIIT, bodyweight circuit, and strength classes; there's truly something for everyone! Check out the schedule below and find a time that works best for you!

CLASS SERIES				
Date	Time	Location	Class	Season
Monday	5:30-6:30p	High St	HIIT x Healthworks	Jun-Sep
	6:15p-7:00p	High St	Flow Yoga x Healthworks	Jun-Sep
Tuesday	12:15p-1:15p	Armenian Heritage Park	Mid-Day Labrinth Walks at the Park	Jul-Aug
	5:30-6:30p	India St	Kick it by Eliza with Jackie	Jun-Jul
	5:30-6:30p	India St	African and Caribbean Dance Fitness by 'Froca Fitness	Aug-Sep
	6:30p-7:30p	High St	Source Method Breathwork and Meditation	7/18, 8/22
Wednesday	11:30a-12:15p	Chin Park	Zumba Gold by Wang YMCA	Jun-Jul
	1:45p-2:30p	Chin Park	Tai Chi Paradigm by CCMAA	Aug-Sep
	5:30p-6:30p	Dewey Square	Slow Flow Yoga with Malaika	Jun-Jul
	5:30p-6:30p	Dewey Square	Yoga Flow and Meditation with Flow Like Aer	Aug-Sep
	5:30p-6:30p	High St	Signature Strength Powered by MoveStudios	Jun-Sep
Thursday	7:30a-8:15a	Hanover St	Power Yoga with Jacqui Sweats	Jun-Sep
	12:15p-12:45p	Oliver St	Source Method Breathwork and Meditation	Jun-Sep
	5:30p-6:30p	Dewey Square	Cardio Dance by TRILLFIT	Jun-Sep
	5:30p-6:30p	High St	Body Diversity Inclusivity & Injury Prevention by Joint Ventures Physical Therapy	6/15, 8/3
Saturday	12:00p-2:00p	High St	Intro to Hung Gar Kung Fu	6/17, 7/15, 8/19, 9/2
ONE-TIME EVENTS				
<ul style="list-style-type: none"> <li>• Saturday, June 17 from 10:00a - 12:00p - Soma Summer Solstice Celebration at Hanover St</li> <li>• Saturday, July 22 from 1:30p-2:30p - Twerk with Tyh at High St</li> <li>• Sunday, August 13 from 10:30a-11:30a - BronCore Bootcamp at High St</li> <li>• Saturday, August 26 from 10:30a-11:30a - Gentle Flow Yoga with Eleonora at High St</li> </ul>				

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.







NORTH END

Hanover St

Power Yoga with Jacqui Sweats:

Thursdays, 7:30a-8:15a

Soma Summer Solstice

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

Carolyn Lynch Garden

Armenian Heritage Park

Labyrinth Wellness Walk

Together: Tuesdays from 7/11 - 8/29, 12:15pm-1:15pm

Armenian Heritage Park

Greenway Carousel  
Tiffany & Co. Foundation Grove

KEY

**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

ONE-TIME EVENTS

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 Tyh:** 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

India St

Kick it by Eliza with Jackie:

Tuesdays, 5:30p-6:30p

African and Caribbean Dance

Fitness by 'Froca Fitness:

Tuesdays, 5:30p-6:30p

Rows Wharf Plaza

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

Flow Yoga by Healthworks:

Mondays, 6:15p-7:00p

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

Rings Fountain

Mother's Walk

WHARF DISTRICT

Harbor Fog Fountain

Rows Wharf Plaza

Oliver St

Source Method Breathwork & Meditation:

Thursdays, 12:15p-12:45p

Dewey Square

Slow Flow Yoga with Malaika:

Wednesdays, 5:30p-6:30p

Yoga Flow and Meditation with Flow Like Aer:

Wednesdays, 5:30p-6:30p

Cardio Dance by TRILLFIT:

Thursdays, 5:30p-6:30p

Dewey Square Plaza

Chin Park

Zumba Gold by Wang YMCA:

Wednesdays, 11:30a-12:15p

Tai Chi Paradigm by CCMMA:

Wednesdays, 1:45p-2:30p

Lincoln Street Triangle

Auntie Kay Uncle Frank Chin Park

Mary Soo Hoo Park

LEATHER DISTRICT

SEAPORT DISTRICT

BOSTON HARBOR