

# Greenway Fall Fitness Season

Presented by Blue Cross Blue Shield with additional support by the GreenwayBID

We have over 30 fitness classes scheduled for The Greenway’s first-ever fall fitness season with a range of options including yoga, Zumba, HIIT, pilates, and running; there’s truly something for everyone! Check out the schedule below and find a time that works best for you!

CLASS SERIES				
Day	Time	Location	Class	Dates
Monday	5:15-6:15p	High St.	Zumba x Healthworks	10/30, 11/6, 11/13, 11/27
	8:00-8:45a	Hanover St.	Power Yoga with Jacqui Sweats	10/31, 11/7, 11/14, 11/28
Tuesday	5:15-6p	High St.	Pilates with Brit	10/31, 11/7, 11/14, 11/28
Wednesday	12:00-1:00p	Dewey Square Plaza	Green Walks with Hana	11/1, 11/8, 11/15, 11/29
Thursday	5:15-6:50p	Dewey Square Plaza	Run & Flow Fitness Series Powered by MoveNation	11/2, 11/9, 11/16, 11/30
Friday	12:00p-1:00p	Hanover St.	Gentle Flow Yoga with Eleonora	11/3, 11/10, 11/17, 12/1
	8:30-9:15a	High St.	BodyCore Fitness by Body By Deb	11/4, 11/11, 11/18, 12/2
Saturday	12:00-1:00p	Dewey Square Plaza	Introduction to Parkour	11/4, 11/11, 11/18, 12/2
Sunday	9:00-10:00a	High St.	Total Body Greenway with Sam Amado	11/5, 11/12, 11/19, 12/3
ONE-TIME EVENT				
Thursday, November 2 from 5:00p-6:00p - Community Slow Flow & Sound Bath w/ Marlene Boyette at Hanover St.				

Classes will begin the week of October 30 and run through the week of November 27. No classes will be held the week of Thanksgiving (11/20-11/26). The rain date week will occur the week of December 4. Check our website calendar for a full list of dates and to see any schedule updates or weather cancellations.

