

Greenway Fitness Returns with Over 130 Free Classes in 2019

Greenway Fitness is back for 2019, Presented by Blue Cross Blue Shield of Massachusetts

June 12, 2019 - BOSTON, MA – The [Rose Kennedy Greenway Conservancy](#) today announced the lineup of classes for the 2019 Fitness Season, presented by [Blue Cross Blue Shield of Massachusetts](#).

The Greenway Fitness Program has annually offered FREE fitness classes throughout the park on varying days and times and has seen great success in attracting a wide range of instructors and participants. From goat yoga to zumba, Tai Chi to tango, more than 130 free classes are expected in 2019 covering a range of workouts and abilities.

“Another year of the Conservancy’s Greenway Fitness series means another year of bringing great, health-conscious programming to The Greenway,” said Jesse Brackenbury, Executive Director of the Greenway Conservancy. “We’re thrilled to partner again with Blue Cross Blue Shield of Massachusetts; our commitment to bettering Boston’s health and wellness has strengthened this year as we introduce an unprecedented number of fitness classes on The Greenway.”

An extensive range of class series have been introduced for the fourth year of partnership with Blue Cross Blue Shield of Massachusetts:

Mondays:

- **Tai Chi** by [Wang YMCA](#), 10:30a-11:30a, June 3 - July 29, at Chinatown Park
- **HIIT** by [Healthworks](#), 5:30p-6:30p, July 8 - August 26, at Atlantic and India Streets

Tuesdays:

- **Zumba** by [Wang YMCA](#), 5:00p-6:00p, July 2 - August 27, at Chinatown Park
- **Cornhole** by [Social Boston Sports](#), 5:45p-7:45p, Session 1: May 28 - July 9, Session 2: July 30 - September 10, at Atlantic and Milk Streets

Wednesdays:

- **Lunchtime Vinyasa** by [Body Lingua Yoga](#), 12:15p-1:15p, July 10 - August 28, at Oliver and Atlantic Streets
- **Self-Defense** by [UFC Boston](#), 5:00p-6:00p, May 29th, June 26, July 31, August 28, September 25, at Dewey Square
- **HIIT** by [Innecity Weightlifting](#), 5:30p-6:30p, July 17 & August 14th, at Atlantic and India Streets

- **Summer Shred** by [Next Level Fitness & Wellness](#), 6:00p-7:00p, September 4 - September 25, at Cross and Sudbury Streets

Thursdays:

- **Yoga-Lates** by [Age Strong Commission](#), 10:30a-11:30a, May 26 - Sept 23, at Hanover and Cross Streets (No Class July 4), at North End Park
- **Train** by [B/SPOKE](#), 5:00p-6:00p, May 30 - June 27 (No Class July 4), at Oliver and Atlantic Streets
- **Cornhole** by [Social Boston Sports](#), 5:45p-7:45p, Session 1: May 30 - July 19 , Session 2: August 8 - September 19, at Atlantic and State Streets
- **FIT!** by [Per Ignem Fitness](#), 6:00p-7:00p, July 11 - September 26 (No Class July 4), at Oliver and Atlantic Streets

Saturdays:

- **Tango** by [Ultimate Tango](#), 6:30p - 9:30p, July 6 - August 31, at Atlantic and India Streets
- **Tango** by [Ultimate Tango](#), 6:30p - 9:30p, July 13, at Dewey Square

Additional one-off summer fitness classes are planned along the length of The Greenway throughout the summer, from June to September, from Chinatown to the North End.

June:

- **Awaken** by [Down Under School of Yoga](#), 10:00a-11:30a, Saturday, June 1, at Dewey Square
- **OrangeCAMP** by [OrangeTheory Fitness](#), 5:30p-6:30p, Wednesday, June 12, at Dewey Square
- **Summer in The City** by [North End Yoga](#), 10:30a-12:30p, Friday, June 15, at North End Park
- **Moonlight Yoga** by [PEACE](#), 7:00p-8:00p, Monday, June 17, at Dewey Square
- **Swing Dancing** by [Boston Lindy Hop](#), 6:00p-7:00p, Wednesday, June 19, at Dewey Square

July:

- **BollyX** by [Tom Hall](#), 5:30-6:30pm, Monday, July 1, at Dewey Square
- **Goat Yoga** by [Healthworks](#), 4:30p-6:30p, Wednesday, July 10, at Dewey Square
- **Yoga & Brunch** with [Yoga Around Town](#), 10:00am-11:00am, Sunday, July 14, at Atlantic and India Streets
- **Moonlight Yoga** by [PEACE](#), 7:00p - 8:00p, Tuesday, July 16, at Dewey Square
- **Spin** by [Cyclebar](#), 6:00p-8:00p, Friday, July 19, at Dewey Square

- **Parkour, Balance, and Movement by [Hub Parkour](#)**, 5:30p-6:30p, Friday, July 26, at Wharf District Park
- **Sweat Crawl Summer Fit Fest by [Social Boston Sports](#)**, 10:00a-2:00pm, Sunday, July 28, at Wharf District Park

August:

- **Summer Flow with [Yoga Around Town](#)**, 7:00p-8:00p, Thursday, August 15, at Atlantic and India Streets

September:

- **OrangeCAMP by [OrangeTheory Fitness](#)**, 5:30p-6:30p, Wednesday, September 4, at Dewey Square
- **Parkour, Balance and Movement by [Hub Parkour](#)**, 11:00a - 12:00p, Sunday, September 8, at Chin Park
- **[Cycle 'Til You're Blue Spin Class](#)** Spin Class, 5:45p-6:30p, Monday, September 9, at Dewey Square (participants will use stationary Bluebikes)
- **Barre by [The Bar Method](#)**, 5:30p-6:30p, Tuesday, September 10, at North End Park
- **Moonlight Yoga by [PEACE](#)**, 7:00p-8:00p, Saturday, September 14th, at Dewey Square
- **BollyX by [Tom Hall](#)**, 5:30p-6:30p, Monday, September 16, at Atlantic and India Streets

All classes are subject to cancellation or rescheduling due to weather or scheduling needs. For up-to-date information on the status of a class, please refer to the Greenway Conservancy's [online calendar](#) and [social media accounts](#).

This year marks the fourth year of The Conservancy's partnership with Blue Cross Blue Shield of Massachusetts to bring high-quality fitness programs to thousands of visitors to The Greenway. Greenway Fitness allows residents, workers, and tourists alike the chance to explore free exercise courses in a beautiful public space.

"Blue Cross is thrilled to help support this incredible variety of free classes and to help people maintain active lifestyles," said Jeff Bellows, Blue Cross Blue Shield of Massachusetts Vice President of Corporate Citizenship & Public Affairs. "There's truly something for everyone, no matter your age, ability or interests. We're excited to see people expand their horizons and try new, fun classes this season."

The Conservancy's fitness offerings are just one element of all the The Greenway has to offer, from [over 450 FREE events](#), open air beer and wine gardens, seven unique water features, and more! Organic lawns and gardens invite visitors to unwind, the [Greenway Carousel at The Tiffany & Co. Foundation Grove](#) is spinning daily with a host of native New England creatures, and our



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[free Wi-Fi network](#) continues to stretch the entire 1.5 mile length of The Greenway.

The Greenway Conservancy is delighted to celebrate 2019 as a year-long celebration of the 10th Anniversary of The Greenway. Along with the Conservancy's public art exhibit, [The Auto Show](#), initiatives include Greenway street pole banners from the North End to Chinatown, stretching the entire 1.5 mile length of the park for the first time. Additionally, 10,000 new bulbs bloomed this spring in the [Carolyn Lynch Garden](#), a new 7000 SF wildflower meadow has been planted, and the Conservancy has installed beehives in our contemporary public park. Other initiatives will be announced later this summer.

About Blue Cross Blue Shield of Massachusetts

Blue Cross Blue Shield of Massachusetts (bluecrossma.com) is a community-focused, tax-paying, not-for-profit health plan headquartered in Boston. We are committed to the relentless pursuit of quality, affordable health care with an unparalleled consumer experience. Consistent with our promise to always put our members first, we are rated among the nation's best health plans for member satisfaction and quality. Connect with us on [Facebook](#), [Twitter](#), [YouTube](#), and [LinkedIn](#).

About The Greenway and the Greenway Conservancy (www.rosekennedygreenway.org)

The Greenway is the contemporary public park in the heart of Boston. The Greenway welcomes millions of visitors annually to gather, play, unwind, and explore. The Greenway Conservancy is the non-profit responsible for the management and care of The Greenway. The majority of the public park's annual budget is generously provided by private sources.

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