

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 with the remaining classes below and find a time that works best for you!

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

Classes will 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 for classes that were cancelled. Check our website calendar for a full list of dates and to see any schedule updates or weather cancellations.

