

2026 Greenway Fitness Program

FULL SEASON CLASSES

May 11 - September 27

Rain Dates: September 28 - October 10

HALF SEASON 1 CLASSES

May 11 - July 18

Rain Dates: July 19 - August 2

HALF SEASON 2 CLASSES

July 21 - September 28

Rain Dates: July 19 - August 2



SUNDAYS

Children's Yoga
with The GreenHouse

10:00 to 11:00 AM | North End (A)

*Begins May 24



MONDAYS

Republic Fitness Pilates Sculpt

5:30 to 6:15 PM | Rowes Wharf Plaza

Republic Fitness Flow Yoga

6:30 to 7:15 PM | Rowes Wharf Plaza



TUESDAYS

Mat Pilates by Movement with Jill

5:30 to 6:30 PM | North End (A)

TUESDAYS

Power Barre by Pulse Studio

5:30 to 6:30 PM | Milk Street

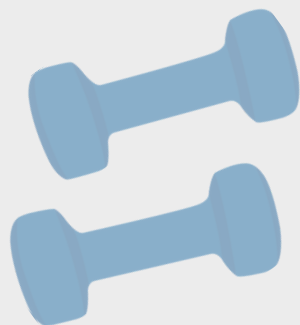
TUESDAYS

Strength and Alignment on
The Greenway

5:30 to 6:30 PM | Dewey Square

Broadway Burn

6:00 to 7:00 PM | Rowes Wharf Plaza



WEDNESDAYS

Wild Ember Rise and Flow Yoga
with Malaika

7:15 to 8:00 AM | Dewey Square

The Reset Series
by DrNathalieMoves

6:00 to 7:00 PM | Rowes Wharf Plaza

Zumba with Dawn

6:00 to 7:00 PM | North End (B)

WEDNESDAYS

Squats and Booty Pops
by Calling All Friends

6:00 to 7:00 PM | Milk Street

THURSDAYS

Introduction to Parkour

6:00 to 7:00 PM | Rowes Wharf Plaza



THURSDAYS

Pilates with Kim Valentine

5:30 to 6:30 PM | North End (A)

SATURDAYS

Total Body on The Greenway
with Sam Amado (HIIT)

9:30 to 10:30 AM | Rowes Wharf Plaza

SATURDAYS

All Levels Yoga

by Way of Life Fitness

10:45 to 11:45 AM | Rowes Wharf Plaza



*See map for specific locations along The Greenway.

Note that there are two North End locations, as noted on the schedule above.

2026 Greenway Fitness Program

POP-UP CLASSES May 11 - October 10

Tango by Moonlight

May 9, June 13, July 11, August 8, September 12,
and October 10
5:00 to 8:00 PM | Rowes Wharf Plaza

Soma Summer Solstice Celebration

June 20
10:00 to 11:30 AM | North End (B)

Source Method Breathwork

May 21, June 4, June 18, July 16, July 30, August 13,
August 27, September 3, September 10, September 24
6:30 to 7:30 PM | Milk Street

Boston Preventative Wellness Series by Dance Latin Boston

June 27, July 25, August 29, September 26
6:00 to 7:00 PM | Rowes Wharf Plaza

B33 COLLECTIVE: Pilates Strength Series

May 27, June 10, and July 1
6:00 to 7:00 PM | North End (A)

City Calm: A Sound Bath on The Greenway

June 28 and August 30
4:00 to 5:00 PM | North End (B)

Self Defense on The Greenway

May 28 and September 10
5:00 to 6:00 PM | Dewey Square

Soma Yoga and Pilates on The Greenway

September 12
10:00 to 11:30 AM | North End (B)

Family Yoga by 2 Mindful Girls

June 13, July 18, August 8, September 12
10:00 to 11:00 AM | North End (A)



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