

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

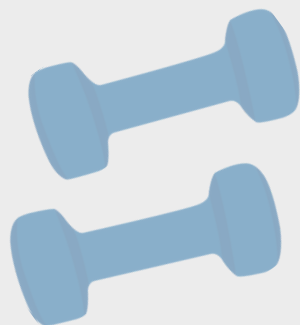
TUESDAYS

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

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.

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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)



*See map for specific locations along The Greenway.
Note that there are two North End locations, as noted on the schedule above.

WEST END

NORTH END



Carolyn Lynch Garden



Milk Street



Rowes Wharf Plaza



Dewey Square Plaza

CLASS LOCATIONS:

1 - North End (A)

(Sudbury St. & Hanover St. + Surface Rd. & Cross St.)

2 - North End (B)

(Hanover St. & North St. + Cross St. & Surface Rd.)

3 - Milk Street

4 - Rowes Wharf Plaza

5 - Dewey Square

City Hall Plaza

Holocaust Memorial

FANEUIL HALL MARKETPLACE

CUSTOM HOUSE

MARRIOTT LONG WHARF

Aquarium

NEW ENGLAND AQUARIUM

Central St

Milk Street

East India Wharf

Rowes Wharf Plaza

Norman B. Leventhal Park

INTERNATIONAL PLACE

BOSTON HARBOR HOTEL

FINANCIAL DISTRICT

INTERCONTINENTAL BOSTON

ATLANTIC WHARF

Dewey Square Plaza

FEDERAL RESERVE BUILDING

BOSTON TEA PARTY SHIPS & MUSEUM

CHINATOWN

Auntie Kay and Uncle Frank Chin Park

Lincoln Street

SOUTH STATION

ONE FINANCIAL CENTER

BOSTON CHILDREN'S MUSEUM

BOSTON HARBOR

Lewis Wharf

Commercial Wharf

Airport/Quincy/Hull Ferry

Boston Harbor Islands Ferry

Long Wharf

Central Wharf

Harborwalk

Rowes Wharf

Ferry To Hingham

Evelyn Mookley Bridge

Seaport Boulevard

New Sudbury Street

Haymarket

Carolyn Lynch Garden

John Fitzgerald Surface Road

Clinton Street

FANEUIL HALL MARKETPLACE

CUSTOM HOUSE

MARRIOTT LONG WHARF

Aquarium

NEW ENGLAND AQUARIUM

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Milk Street

East India Wharf

Rowes Wharf Plaza

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