

2026 Greenway Fitness Program

FULL SEASON CLASSES

May 11 - September 27

Rain Dates: September 28 - October 11

HALF SEASON 2 CLASSES

July 21 - September 27

Rain Dates: September 28 - October 11

SUNDAYS

Children’s Yoga
with The GreenHouse

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



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)

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

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 (B)

SATURDAYS

Total Body on The Greenway
with Sam Amado (HIIT)

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

All Levels Yoga
by Way of Life Fitness

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



*See map for specific locations along the Rose Kennedy 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)



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

WEST END

North Meadow
on The Greenway

NORTH END

HAYMARKET

HAYMARKET

BOSTON
PUBLIC
MARKET

Carolyn
Lynch
Garden

HOLOCAUST
MEMORIAL

CITY HALL PLAZA

1

2

Armenian
Heritage Park

CHRISTOPHER
COLUMBUS PARK

Greenway
Carousel

MARRIOTT
LONG WHARF

AQUARIUM

Rings
Fountain

3

Harbor
Fog

Rowes
Wharf
Plaza

4

WHARF
DISTRICT

FINANCIAL
DISTRICT

5

Dewey
Square

INTERCONTINENTAL
BOSTON

ATLANTIC
WHARF

FEDERAL
RESERVE
BUILDING

SOUTH STATION

BOSTON
TEA PARTY
SHIPS AND
MUSEUM

SEAPORT
DISTRICT

BOSTON
CHILDREN'S
MUSEUM

THE
GREEN
WAY

CHINATOWN

Auntie Kay
and Uncle Frank
Chin Park

Mary Soo
Hoo Park

Lincoln
Street
Triangle

LEATHER
DISTRICT

BOSTON HARBOR