

PAK BOSTON POU ETE SERI FITNÈS



7 me pou rive 2 septanm 2023

Jwenn plis enfòmasyon sou
[boston.gov /fitness](https://boston.gov/fitness)

	LÈ	KLAS	ADRÈS, KATYE
DIMANCH	8:00 a.m. 09:00 a.m.	HIIT Fòs ak Kondisyon Fizik	VITYÈL Ronan Park, Dorchester
LENDI	5:00 p.m. 5:00 p.m. 06:00 p.m. 06:00 p.m. 06:00 p.m.	Yoga Dans Fit Fòs ak Kondisyon Fizik Kick It se Eliza k ap fè l Yoga	Winthrop Square, Charlestown VITYÈL Christopher Columbus Park, North End Brighton Common, Allston-Brighton Adams Park, Roslindale
MADI	06:00 p.m. 06:00 p.m. 06:30 p.m. 07:00 p.m.	Kadyo Afwobit Salsa pou Debitan Zoumba Yoga	Marcella Playground, Roxbury Peters Park, South End Almont Park, Mattapan VITYÈL
MÈKREDI	07:30 a.m. 06:00 p.m. 06:00 p.m. 06:30 p.m. 06:00 p.m.	Tai-Chi Yoga Liv Afwobit Dans Anliy	Elliot Norton Park, Chinatown Pak Medal of Honor , South Boston Mission Hill Playground, Mission Hill (Tremont St. side) VITYÈL Franklin Park, Dorchester (Toupre Golf Clubhouse)
JEDI	07:00 a.m. 10:00 a.m. 06:00 p.m. 06:00 p.m. 06:00 p.m.	Fòs ak Kondisyon Fizik Yga sou Chèz Zoumba Tone Yoga Zoumba	VITYÈL Pak Symphony, Fenway Billings Field, West Roxbury Boston Common, Downtown Mozart Park, Jamaica Plain
VANDREDI	12:00 p.m.	Yga sou Chèz	VITYÈL
SAMDI	09:00 a.m. 10:00 a.m. 10:00 a.m.	Bootcamp pou Tout Nivo Zoumba An Fanmi Zoumba	Ross Playground, Hyde Park LoPresti Park, East Boston (Teren Basketball) VITYÈL

P ap gen klas 29 me, 19 jen ak 4 jiyè

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