



TROOPS FOR FITNESS

June 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 • Boot Camp & Running w/ Gary @ Boston Common 6:30am • Boot Camp & Running w/ Alvin @ Franklin Park, Clubhouse 7am • Zumba w/ Meissa @ Franklin Park, Shattuck Picnic Area 6:30pm	2 • Boot Camp w/ Rick @ Rogers Park, Brighton 6:30am • Core & Strength Conditioning w/Justin G @ Moakley Park 7am • Boot Camp & Running w/ Alvin @ BackBay Fens, Clemente Field 6pm	3 • Zumba w/ Meissa @ Franklin Park, Shattuck Picnic Area 6:30pm	4 • Boot Camp w/ Rick @ Rogers Park, Brighton 6:30am • Boot Camp & Running w/ Alvin @ Franklin Park, Clubhouse 7am	5 • Boot Camp & Running w/ Gary @ Boston Common 6:30am • Core & Strength Conditioning w/Justin G @ Moakley Park 7am	6 • Boot Camp w/ Justin P. @Iacono Playground, HP 9am
7	8 • Boot Camp & Running w/ Gary @ Boston Common 6:30am • Boot Camp & Running w/ Alvin @ Franklin Park, Clubhouse 7am	9 • Boot Camp w/ Rick @ Rogers Park, Brighton 6:30am • Boot Camp & Running w/ Alvin @ BackBay Fens, Clemente Field 6pm	10	11 • Boot Camp w/ Rick @ Rogers Park, Brighton 6:30am • Boot Camp & Running w/ Alvin @ Franklin Park, Clubhouse 7am	12 • Boot Camp & Running w/ Gary @ Boston Common 6:30am	13
14	15 • Boot Camp & Running w/ Alvin @ Franklin Park, Clubhouse 7am	16 • Boot Camp w/ Rick @ Rogers Park, Brighton 6:30am • Boot Camp & Running w/ Alvin @ BackBay Fens, Clemente Field 6pm	17 • Zumba w/ Meissa @ Franklin Park, Shattuck Picnic Area 6:30pm	18 • Boot Camp w/ Rick @ Rogers Park, Brighton 6:30am • Boot Camp & Running w/ Alvin @ Franklin Park, Clubhouse 7am	19 • Boot Camp & Running w/ Gary @ Boston Common 6:30am	20
21	22 • Boot Camp & Running w/ Gary @ Boston Common 6:30am • Boot Camp & Running w/ Alvin @ Franklin Park, Clubhouse 7am • Zumba w/ Meissa @ Franklin Park, Shattuck Picnic Area 6:30pm	23 • Boot Camp w/ Rick @ Rogers Park, Brighton 6:30am • Core & Strength Conditioning w/Justin G @ Moakley Park 7am • Boot Camp & Running w/ Alvin @ BackBay Fens, Clemente Field 6pm	24 • Zumba w/ Meissa @ Franklin Park, Shattuck Picnic Area 6:30pm	25 • Boot Camp w/ Rick @ Rogers Park, Brighton 6:30am • Boot Camp & Running w/ Alvin @ Franklin Park, Clubhouse 7am	26 • Boot Camp & Running w/ Gary @ Boston Common 6:30am • Core & Strength Conditioning w/Justin G @ Moakley Park 7am	27 • Boot Camp w/ Justin P. @Iacono Playground, HP 9am • Zumba w/ Meissa @ Harambee Park, Talbot Ave Side 10:30am
28	29 • Boot Camp & Running w/ Gary @ Boston Common 6:30am • Boot Camp & Running w/ Alvin @ Franklin Park, Clubhouse 6:30am • Zumba w/ Meissa @ Franklin Park, Shattuck Picnic Area 6:30pm	30 • Boot Camp w/ Rick @ Rogers Park, Brighton 6:30am • Core & Strength Conditioning w/Justin G @ Moakley Park 7am • Boot Camp & Running w/ Alvin @ BackBay Fens, Clemente Field 6pm				

July 2015

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			1 • Zumba w/ Meissa @ Franklin Park, Shattuck Picnic Area 6:30pm	2	3 • Boot Camp & Running w/ Gary @ Boston Common 6:30am • Core & Strength Conditioning w/Justin G @ Moakley Park 7am	4
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Events, times and locations are subject to change.
 All classes are one hour long unless otherwise noted.
 Please check www.cityofboston.gov/parks for the most up to date schedule. Cancellations will be posted on social media:
 @BostonParksDept and F/BostonParksDepartment