

Boston

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FITNESS

Six Picturesque Places to Work Out This Summer in Boston

From the Colonnade rooftop to the deck of Old Ironsides.

by **TESSA YANNONE** • 6/11/2019, 12:02 p.m.



Boston truly comes alive in the summer. Outdoor markets and **beer gardens** are in full force, the Harbor sparkles, and people just seem nicer...maybe? So it's no surprise that the fitness community crawls outside of gyms and boutique studios to spend as much time outside during the months of June, July, and August.

Even though we've already made a place for you to easily find all the **free outdoor fitness series**, these are all the places you should go to catch a fitness class if you also want to get a great view of the city. From boats, to rooftops, to islands—take advantage of these fitness events while they last, and before we all have to head back indoors to the gym.



Old Ironsides yoga/photo provided

Practice Yoga on the Deck of Old Ironsides: If you want to work out like a true Bostonian, don't miss the opportunity to **practice yoga on the deck** of the world's oldest commissioned naval vessel still afloat—the USS Constitution herself. Sitting right in the Charlestown Navy Yard, you'll also get to be a part of the firing of the Old Ironsides cannon at sunset and watch the lowering of the flag signaling the day's end. Take pictures of the masts while laying in Savasana or get some beautiful shots of the Harbor from aboard the boat.

Free, July 3-August 28, every Wednesday, 6:30 p.m.-7:45 p.m., Charlestown Navy Yard Visitor Center, Charlestown, [eventbrite.com](https://www.eventbrite.com).

Roll Out Your Yoga Mat on the Envoy Hotel Rooftop: You might be well-versed with the Lookout Rooftop and Bar at Envoy Hotel when it comes to Friday evening happy hour, but during the summer you can also bring your Sunday morning yoga practice to the same bar. Taught by local fitness instructor Jenna Hill, the class will last one-hour and please bring your own mat. When you're done with class, spend the morning exploring the Seaport and swing by the **pop-ups** just down the street for **leggings from Booty by Brabants** and **CBD products from Beam**.

\$10, June 26-August 15, every Sunday, 9 a.m.-10 a.m., Lookout Rooftop Bar, 70 Sleeper St., Boston, [eventbrite.com](https://www.eventbrite.com).



Colonnade Rooftop Yoga/Photo provided

Start Your Day with Poolside Yoga on the Colonnade

Rooftop: *Returning for her sixth season*, Rebecca Pacheco will host Sunrise Salutations yoga classes on the roof of the Colonnade Hotel poolside. The class will last for one-hour and end with a guided meditation. Even better, if you can swing the day off, for an extra \$25, purchase the pool pass to lounge out by the pool for the remainder of the day. You'll get unbeatable views of Back Bay from the roof and all-day food and beverage service from a comfy cabana.

\$20 for class/\$45 for class and pool pass, June 26-August 28, every Wednesday, 6:45 a.m.-7:45 a.m., Roof Top Pool at the Colonnade Hotel, 120 Huntington Ave., Boston, [eventbrite.com](https://www.eventbrite.com).



Revere Rooftop/photo provided

Take a High Intensity Fitness Class from Way Up High on the Revere Hotel Rooftop: If you've been to Lynx Fitness Club you know they're not joking around when it comes to fitness classes. Well now, they're taking their workout to new heights—literally six stories high—to the Revere Hotel rooftop. Filled with sports-driven and high intensity movements, fitness instructor Justin Holmes, will lead you through a one-hour workout. You do not need to be a Lynx member to attend and complimentary towels and water will be provided.

Free, June 12-August 28, Every Wednesday, 6:30 a.m.-7:30 a.m., Revere Hotel Boston Common, 200 Stuart St., Boston, lynxfitnessclub.com.

Spend Your Saturday Morning Adventuring on the Harbor

Islands: The Harbor Islands are a great way to get outside during the summer in Boston and spend some much needed time in the great outdoors (with great views of the skyline too). Easily accessible via the ferry out of Rowes Wharf (or by kayak if you're feeling particularly adventurous) Boston Harbor Now has plenty of activities to keep you entertained all summer long from sailing, biking, forest bathing, bootcamp, and a yoga series that happens on Spectacle Island every Saturday morning.

Free-\$70, dates/times/locations vary, bostonharbornow.org.



Sunset ferry yoga/photo via Iris MacKinnon

Sail the Boston Harbor While Doing Yoga on the Top Deck of the Ferry: Tickets for this one-time experience go on sale July 10, so mark your calendar because they will sell out. During this one-hour yoga class you'll be practicing on the deck of the ferry as it sets sail at 6:30 p.m. sharp. The boat won't dock again until 8 p.m. so you'll not only be able to relax during the yoga class but also enjoy the sunset while sipping cocktails from the cash bar.

\$20, August 14, 6:15 p.m.-8 p.m., Rowes Wharf, 60 Rowes Wharf, Boston, [eventbrite.com](https://www.eventbrite.com).

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