12 Healthy Things to Do This Week
Gear up for the long weekend with rooftop yoga, a ‘90s 5K, and more.

**Monday, August 28**

**Barre Rave:** Studio U is bringing the party to the barre with this black-lit barre class. You wear light clothes, they’ll supply the glow sticks.

$20, 7 p.m. Studio U, 1065 Commonwealth Ave., Boston, studiouboston.com.
**Charity Flow for UNICEF:** Proceeds from this yoga class at the Langham will benefit UNICEF. As a reward for your good deed, stick around after class for snacks and drinks.

$25, 7 p.m. The Langham, 250 Franklin St., Boston, eventbrite.com.

![Charity Flow for UNICEF](image)

**Tuesday, August 29**

**New England Revolution Soccer Clinic:** Kids still on summer break? Bring them to the Esplanade for a soccer skills clinic and demonstration with players and coaches from the New England Revolution. It’s geared toward kids ages six through 17.

*Free, 3 p.m. Teddy Ebersol Field, Charles River Esplanade, Embankment Road, Boston,* [facebook.com](http://facebook.com)
**Revere Hotel Rooftop Yoga:** Exhale instructor Chrissy Snyder is teaching a rooftop flow at the Revere Hotel. It’s the perfect way to wind down from your work day.

$25, 5:15 p.m. Revere Hotel, 200 Stuart St., Boston, exhalespa.com.

**Ladies of Equinox:** Three of Equinox’ top trainers—Ali Baldassare, Lauren Hefez, and Jennifer Phelan—will whip you into shape with a free fusion workout at Faneuil Hall.

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**Suggested:** Reduce Infection Risks While Swimming

Free, 6:30 p.m. Faneuil Hall, Boston, facebook.com.

**Wednesday, August 30**

**Back to School Day:** The East Boston Farmers’ Market will send the little ones back to school in style with free backpacks and apples, a storyteller, arts and crafts, and a family yoga class.

Free, 3 p.m. Lewis Mall, Boston, facebook.com.
Thursday, August 31

Sparkling and Savasana: Flow through a complimentary rooftop yoga class at the Taj Hotel, then stay for the launch of Henry's Hard Sparkling Water. There will also be plenty of post-workout snacks and giveaways.

_Free, 6 p.m. Taj Hotel, 15 Arlington St., Boston, eventbrite.com._

Back to the '90s 5K: Sweat through a 5K along the river, then relax with a barbecue and live music from a '90s cover band. Your registration benefits the Acumen Fund, a group that invests in people and organizations working to end poverty.

_$50, 6:30 p.m. American Legion, 5 Greenough Blvd., Cambridge, eventbrite.com._

Friday, September 1

Medford and Malden River Walk: Start Labor Day Weekend in the great outdoors. The East Coast Greenway Alliance is hosting a three-mile group walk along the Wellington Greenway, ending with a brewery social at Idle Hands.

_Free, 5 p.m. Public Boat Launch, Wellington Greenway, Constitution Way, Medford, greenway.org._
**Saturday, September 2**

**Bike to the Beach:** Choose between a 50-mile bike ride from Boston University to Woonsocket, Rhode Island, or a 100-mile journey to Newport. Both rides benefit Autism Speaks.

$75+, plus fundraising minimum, 5 a.m. Boston University, 1 Silber Way, Boston, biketothebeach.org.

**Yoga in the Gallery:** Experience art in a new way with this gentle yoga class at Chase Young Gallery. After class, browse the gallery and enjoy light refreshments.

$25, 10 a.m. Chase Young Gallery, 450 Harrison Ave., Boston, eventbrite.com.

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**Sunday, September 3**

**Bottoms Up Yoga:** Flow through an all-levels vinyasa yoga class, then stay for beers at Mystic Brewery in Chelsea. Bottoms up, in more ways than one.

$10, 10:30 a.m. Mystic Brewery, 174 Williams St., Chelsea, eventbrite.com.

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