

Boston

By Jamie Ducharme

August 27, 2017

12 Healthy Things to Do This Week

Gear up for the long weekend with rooftop yoga, a '90s 5K, and more.



REVERE ROOFTOP YOGA/PHOTO PROVIDED

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](https://www.eventbrite.com).



REVOLUTION SKILLS CLINIC/PHOTO PROVIDED

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](https://www.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.

SPONSORED CONTENT

Suggested: [Reduce Infection Risks While Swimming](#)

Free, 6:30 p.m. Faneuil Hall, Boston, [facebook.com](https://www.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](https://www.facebook.com).



SPARKLING AND SAVASANA/PHOTO BY SARAH KUNST

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](https://www.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](https://www.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](https://www.greenway.org).



[PHOTO BY JURI VAGNER ON FLICKR/CREATIVE COMMONS](#)

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, biketothesea.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.

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.

<http://www.bostonmagazine.com/health/blog/2017/08/27/healthy-things-august-28/>