

**Local Fitness Programs at No or Low Cost for Children and Families**  
(Including selected online exercise videos)

Please check a host website or call for the latest information.

**MGH Charlestown Walking Club** (73 High Street, Charlestown)

- Free program in spring time
- Contact: 617-724-9642

**MGH Revere iFit Program** (300 Ocean Avenue, Revere)

- Free 6-week program for youth (8 – 14 years old) and their parents to learn knowledge and skills on nutrition, stress management and physical activity, with the goal of keeping children at a healthy weight
- For MGH Revere patients and youth attending MGH Revere Youth Zone
- Contact: 781-485-6350

**MGH Stay in Shape Program** [www.massgeneral.org/cchi/communityhealthassociates/stayinshape.aspx](http://www.massgeneral.org/cchi/communityhealthassociates/stayinshape.aspx)

- Free 10-week program for students (4<sup>th</sup> – 12<sup>th</sup> grades) to learn knowledge and skills on nutrition, stress management and exercise
- Program offered at participating public schools in Charlestown, Chelsea and Revere
- Contact: 781-485-6400; Email [stayinshape@partners.org](mailto:stayinshape@partners.org)

**MGH Revere Youth Zone** (300 Broadway, 2<sup>nd</sup> Floor, Revere)

- All-year round activities (afterschool and summer camp) for youth from Revere and beyond
- Fitness activities
- Contact: 781-485-6030

**Revere City-Wide Fitness Challenge & 5K Road Race** <http://reverecares.org>

- Annual event during May - June
- Registration \$20, student rate \$15 (Cash only)
- Contact: 781-485-6161



**Charlestown YMCA at the Navy Yard** <http://ymcaboston.org/charlestown>

- Teens (age 13-17): \$10 month; young adults (18-29): \$30 month
- Full access to pool, weight room, basketball court
- Contact: 617-241-8400

**Charlestown Yoga** <http://charlestownyoga.com>

- \$16 per class; student rate: \$12 per class (with ID)
- Contact: 617-241-0824

**Chelsea YMCA** [www.chelseaymca.com](http://www.chelseaymca.com)

- Teen (13-18) membership: \$50 year
- Full access to pool, weight room, and basketball court
- Contact: 617-884-8776

**East Boston YMCA** [www.ymcaboston.org/eastboston](http://www.ymcaboston.org/eastboston)

- Free for teens (age 13-18) with access to entire gym (weight room, cardio, basketball court)
- For adults, Membership Services can make affordable packages based on income or group size
- Contact: 617-569-9622

**East Boston Paris Street Community Center** [www.parisstreet.org](http://www.parisstreet.org)

- Resident teen membership: \$15 year; non-resident teen: \$60 year
- Resident adult membership: \$20 year
- Full access to pool, weight room and basketball court
- Contact: 617-635-5125

**Everett Community Fitness Center** [www.ci.everett.ma.us/195/Community-Fitness-Center](http://www.ci.everett.ma.us/195/Community-Fitness-Center)

- Everett residents only
- Open every day
- Full range of activities
- Contact: 617-394-2390

**Fitness and Yoga for Children** [www.bostoncentral.com/classes\\_camps/fitness\\_yoga.php](http://www.bostoncentral.com/classes_camps/fitness_yoga.php)

- Listing of activities by location

**Lynn YMCA** [www.lynnymca.org](http://www.lynnymca.org)

- Teen membership: \$70 year
- Full access to pool, weight room, and basketball court
- Day pass for pool: \$5
- Contact: 781-581-3105

**Malden YMCA Group Exercise Programs** [www.ymcamalden.org](http://www.ymcamalden.org)

- Membership rates vary by age. Check [www.ymcamalden.org/classes-programs/join-us](http://www.ymcamalden.org/classes-programs/join-us) for details
- Full range of exercise programs including pool, aqua aerobics, weights/abs, Zumba and Yoga
- Download the group exercise schedule [www.ymcamalden.org/schedules](http://www.ymcamalden.org/schedules)
- Contact: 781-324-7680

**Outdoors Rx with Appalachian Mountain Club** [www.outdoorsrx.org](http://www.outdoorsrx.org)

- Serves Chelsea and Revere for families with children
- Register online [www.outdoorsrx.org](http://www.outdoorsrx.org)
- Free
- Contact: [AMCKids@outdoors.org](mailto:AMCKids@outdoors.org)

**Revere Hatha Yoga Classes at Saint Anthony's (250 Revere St)**

- \$5 per person per class
- Chair Yoga: Mondays 4 pm – 5 pm; Mat Yoga: Mondays 5:00 pm – 6:00 pm
- Individual classes available by appointment at \$15 per class
- Contact: 617-513-2326 or 781-286-6354

**Revere Senior Center Fitness Activities (25 Winthrop Ave Rosetti-Cowan Senior Center)**

- Check [www.revere.org/departments/elder-affairs/activities](http://www.revere.org/departments/elder-affairs/activities) for details
- Contact: 781-286-8156

**Walk Boston** [www.walkboston.org](http://www.walkboston.org)

- Benefits of walking
- Downloadable walking maps by community at <http://walkboston.org/resources/maps>
- Contact: 617-367-9255; Email [info@walkboston.org](mailto:info@walkboston.org)

**Selected Online Exercise Videos**

Great for home-bound fitness and fun on rainy or snowy days!

[www.youtube.com/watch?v=oOx11KKdpCY](http://www.youtube.com/watch?v=oOx11KKdpCY) (4 min)

[www.youtube.com/watch?v=5agedtxOOA0&noredirect=1](http://www.youtube.com/watch?v=5agedtxOOA0&noredirect=1) (4 min)

[www.youtube.com/watch?v=iuCPKBE\\_hmY&noredirect=1](http://www.youtube.com/watch?v=iuCPKBE_hmY&noredirect=1) (5 min)

[www.youtube.com/watch?v=pWmsclVv8-4&noredirect=1](http://www.youtube.com/watch?v=pWmsclVv8-4&noredirect=1) (10 min)

[www.youtube.com/watch?v=-ePvY\\_EKBX4](http://www.youtube.com/watch?v=-ePvY_EKBX4) (12 min, for adults)

[www.youtube.com/watch?v=hlvbnCFvF7g&noredirect=1](http://www.youtube.com/watch?v=hlvbnCFvF7g&noredirect=1) (20 min)

[www.youtube.com/watch?v=qzx-d1Z2bLY](http://www.youtube.com/watch?v=qzx-d1Z2bLY) (20 min)

(Video selection credit: [MGH Revere Physical Therapy Department](#))



Physical fitness is not only one  
of the most important keys to a  
healthy body, it is the basis of  
dynamic and creative  
intellectual activity

■ John F. Kennedy