

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

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

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

### MGH-Led Activities and Programs

MGH Charlestown Walking Club (73 High Street, Charlestown)

- *Free* program in various times of the year.
- Contact: 617-724-9642

MGH Revere MedPeds and Pedi iFit Program (300 Ocean Avenue, Revere)

- *Free* 6-week program for youth (9 – 14 years old) and their parents to learn knowledge and skills on nutrition, stress management and physical activity, with the goal of keeping the children at a healthy weight.
- For Pedi and MedPeds patients and children currently attending MGH Revere Youth Zone only.
- Contact: 781-485-6350

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 nearby communities.
- Small fees and scholarships.
- Daily indoor and outdoor fitness activities, plus Stay in Shape Mentor Program offered in summer.
- Contact: 781-485-6030

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 (5<sup>th</sup> – 12<sup>th</sup> grades) to learn knowledge and skills on daily exercise, nutrition, sleep, and stress management.
- Program offered at eight participating public schools in Charlestown, Chelsea, and Revere during school year, plus summer Mentor Program at MGH Revere Youth Zone.
- Contact: 781-485-6477; Email: [stayinshape@partners.org](mailto:stayinshape@partners.org)

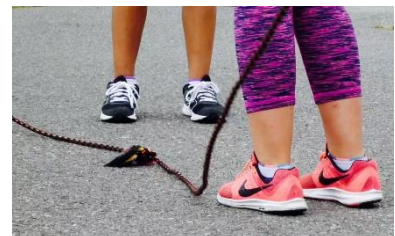


Photo by Ming Sun

## Community-Based Activities and Programs

Charlestown YMCA at Navy Yard

[www.ymcaboston.org/charlestown](http://www.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

Chelsea Jordan Boys and Girls Club

[www.bgcb.org/find-your-club/jordan-club](http://www.bgcb.org/find-your-club/jordan-club)

- 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.
- For adults, Membership Services can make affordable packages based on income or group size.
- Contact: 617-569-9622

East Boston Paris Street Community Center

<https://www.boston.gov/departments/boston-centers-youth-families/bcyf-paris-street>

- 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)

- Fitness resource list by location.
- Search classes near you.

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



Photo by Ming Sun



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## 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 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.
- Free. Register online [www.outdoorsrx.org](http://www.outdoorsrx.org).
- Contact: [AMCKids@outdoors.org](mailto:AMCKids@outdoors.org)

## Revere City-Wide Fitness 5K Road Race

<http://www.revere.org/departments/healthy-community-initiatives>

- Annual event in spring – summer.
- Registration fee.
- Contact: 781-286-8100



Photo credit: [www.medlineplus.gov](http://www.medlineplus.gov)

## 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)

[www.revere.org/departments/elder-affairs/activities](http://www.revere.org/departments/elder-affairs/activities)

- Tai Chi, Yoga, and other fitness activities for older adults.
- Contact: 781-286-8156

## Walk Boston

<http://www.walkboston.org>

- Guided and self-guided walks.
- Walk Chelsea map: <http://www.walkboston.org/chelsea>
- Walk Everett map: <http://www.walkboston.org/everett>
- Walk Revere map: <http://www.walkboston.org/revere>



Photo by Ming Sun

## Selected Exercise Videos Online

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 selecting credit: Cecilia Wu, PT, MGH Revere Physical Therapy Department)