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Seaport to offer free summer workout series

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Boston, MA Boston's largest free outdoor workout series, Seaport Sweat, is back for its ninth season, running from May 1 through September 28, 2024. This year, the community-driven program will offer over 100 free fitness classes, with weekly instructors like Michael Soares, Britney Willingham, and Nicole Derosiers.

Amongst returning favorites are exciting new weekday classes like Barre and Balance with Justin Quinn, Power Sculpt with Aleigh Jerome and Release Yoga with Marlene Boyette. The weekend instructors include favorites Eliza Shirazi and Bron Volney. Classes will also be offered by various fitness and wellness minded brands in the neighborhood, including the recently opened performance-driven apparel brand, Rhone, and smart strength-training equipment company, Tonal, as well as from returning favorites such as Equinox and lululemon.

All Seaport Sweat classes will be held on Seaport Common, every Monday through Thursday at 5:30pm and 6:30pm and Saturdays at 10am.

Bringing even more fitness to the neighborhood, Seaport will debut Stretch and the City presented by Lifeway Kefir, a new weekly yoga class taking place at the Summer Street Steps, a newly opened public gathering place creating connectivity through Harbor Way made for enjoying community programming and activations. Popular local instructor Therlande Louissaint will guide participants through a 45-minute yoga class every Friday at noon throughout the season, beginning May 3 and running through September 27, 2024. Lifeway Kefir will be popping up every Friday at Stretch and the City sampling their probiotic and protein packed Lifeway Kefir. "We're thrilled to partner with Seaport's Stretch and the City to bring yoga to the Summer Street Steps this year. We hope everyone can come out and enjoy an energizing session, then recharge with some probiotic Lifeway Kefir to support their physical, mental and gut health. Events like Stretch and the City that combine elements to strengthen the body and microbiome are wonderful for the community," says Julie Smolyansky, president and CEO of Lifeway Foods.

The Summer Street Steps are located between 350 and 400 Summer St.

"We're excited to bring back Seaport Sweat with a jam packed schedule featuring even more diverse workout classes for all fitness levels. As an added bonus, we are launching Stretch and the City at the Summer Street Steps on Fridays, offering a great way to unwind and recharge for the weekend. Whether you're into pilates, strength training or looking for a therapeutic yoga class, we have you covered. It is always a highlight to bring the community together for some outdoor fun and

fitness during the Spring and Summer,” says Claire Kilcullen, associate director, culture & experience, Seaport at WS Development.

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