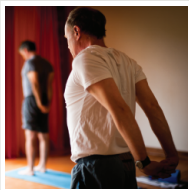


Group Classes



Broga®

Broga® is an exciting new fitness program inspiring men to benefit from the advantages of yoga. The classes combine traditional yoga with functional fitness exercises. All are welcome.

Saturdays 11:00 a.m.



Yoga

Suitable for all levels, yoga is offered as a Vinyasa flow with emphasis on stretching and balance. It is the perfect antidote for stress and tension associated with travel.

Daily 12:00 noon



Yogalates

Combining traditional yoga poses with mat Pilates exercises, our Yogalates classes create a balanced full-body workout designed to tone deep muscles and promote better posture.

Tuesdays & Thursdays 6:00 p.m.

Classes are held in the Fitness Center located on the fourth floor.
Please dial +1 (617) 535 8820 for more information or class schedule.

Personal Training



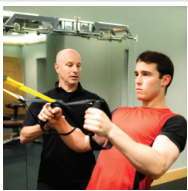
Kinesis

Resistance cable exercise equipment that allows for a wide range of movement and exercise patterns. Combine with cardio, strength and flexibility training for a quick or extended workout.



Pilates Reformer

A full-body workout emphasizing alignment, core strength and flexibility. Relieves fatigue and stress from traveling and helps to lengthen, strengthen, and improve posture.



TRX

Suspension training that uses gravity and body weight to perform challenging, dynamic exercises. Developed by the Navy SEALs, TRX allows users to develop strength, balance and core stability.

The Fitness Center is located on the fourth floor. To schedule a training session please dial +1 (617) 535 8820. Private or duet sessions are available.