

ITINERARY FOR 7/11 - 7/17

WELLNESS ON THE WATER

1

DOWNTOWN -> SEAPORT FERRY RIDE

Work in Downtown? Clock out & set sail to the Seaport! Buy tickets at SeaportFerry.com.

2

PICK UP PRE-WORKOUT SMOOTHIES

Prep for a workout with a pre-workout drink! Stop by a cafe or juice shop in the Seaport for a smoothie or juice.

3

SWEAT IT OUT WITH SEAPORT SWEAT

Sign up for a FREE workout at Seaport Sweat at BostonSeaport.xyz/Seaport-Sweat. Classes are at 5:30 & 6:30 PM on weeknights.

TIP: Take the 5:30 class to catch the last ferry back at 6:40!

4

SNAP A PIC* FOR OUR PHOTO CONTEST

Tag us (@ABCTMA & @SeaportTMA) & use #WTMBoston!

*Feeling camera-shy?

Log a ferry trip on
GoMassCommute
for an entry instead!

