

# Change Your Body Boot Camps, Newton, MA

Group Personal Training, Weight Loss & Performance for Busy People

## Master Calendar

2019

### Class Schedule\*

6am, M / W / F @ BG

9am, M / W / F @ MC

6:30pm, M / T / Th @ MC

#	MONTH	Su	Mo	Tu	We	Th	Fr	Sa	
		23	24	25	26	27	28	29	
	January	30	31	01	02	03	04	05	
1		06	07	08	09	10	11	12	<b>Phase 1</b> <b>January 7 - January 26 (3on, 0off)</b>
2		13	14	15	16	17	18	19	RD: 1/4/18; M&O: 1/5; ND: 1/5
3		20	21	22	23	24	25	26	**MLK Day, 1/21, no classes;
4	February	27	28	29	30	31	01	02	<b>Phase 2</b> <b>January 28 - February 16 (3on, 1 off)</b>
5		03	04	05	06	07	08	09	RD: 1/22; M&O: 1/26; ND: 1/26
6		10	11	12	13	14	15	16	
01		17	18	19	20	21	22	23	EW: 2/17 - 2/24, NPS Winter Vacation
7	March	24	25	26	27	28	01	02	<b>Phase 3</b> <b>February 25 - March 23 (4on, 0off)</b>
8		03	04	05	06	07	08	09	RD: 2/12; M&O: 2/16; ND: 2/16
9		10	11	12	13	14	15	16	**Evacuation Day, 3/18, no classes;
10		17	18	19	20	21	22	23	
11		24	25	26	27	28	29	30	<b>Phase 4</b> <b>March 25 - April 13 (3on, 1off)</b>
12	April	31	01	02	03	04	05	06	RD: 3/19; M&O: 3/16; ND: 3/16
13		07	08	09	10	11	12	13	
02		14	15	16	17	18	19	20	EW: 4/14 - 4/21: NPS Spring Vacation
14		21	22	23	24	25	26	27	<b>Phase 5</b> <b>April 22 - May 11 (3on, 0off)</b>
15	May	28	29	30	01	02	03	04	RD: 4/9; M&O: 4/13; ND: 4/13
16		05	06	07	08	09	10	11	
17		12	13	14	15	16	17	18	<b>Phase 6</b> <b>May 13 - June 8 (4on, 0off)</b>
18		19	20	21	22	23	24	25	RD: 5/7; M&O: 5/11; ND: 5/11
19	June	26	27	28	29	30	31	01	**Memorial Day Weekend, 5-24-5/27, no classes;
20		02	03	04	05	06	07	08	
21		09	10	11	12	13	14	15	<b>Phase 7</b> <b>June 10 - June 29 (3on, 1off)</b>
22		16	17	18	19	20	21	22	RD: 6/4; M&O: 6/8; ND: 6/8
23		23	24	25	26	27	28	29	
03	July	30	01	02	03	04	05	06	EW: 6/30 - 7/7
24		07	08	09	10	11	12	13	<b>Phase 8</b> <b>July 8 - July 27 (3on, 1off)</b>
25		14	15	16	17	18	19	20	RD: 6/25; M&O: 6/29; ND: 6/29
26		21	22	23	24	25	26	27	
04	August	28	29	30	31	01	02	03	EW: 7/28 - 8/4
27		04	05	06	07	08	09	10	<b>Phase 9</b> <b>August 5 - August 24 (3on, 1off)</b>
28		11	12	13	14	15	16	17	RD: 7/23; M&O: 7/27; ND: 7/27
29		18	19	20	21	22	23	24	**Labor Day, 9/2, no classes;

05		25	26	27	28	29	30	31	EW: 8/25 - 9/2
30	September	01	02	03	04	05	06	07	Phase 10      September 3 - September 28 (4on, 0off)
31		08	09	10	11	12	13	14	RD: 8/20; M&O: 8/24; ND: 8/24
32		15	16	17	18	19	20	21	
33		22	23	24	25	26	27	28	
34	October	29	30	01	02	03	04	05	Phase 11      September 30 - October 26 (4on, 0off)
35		06	07	08	09	10	11	12	RD: 9/24; M&O: 9/28; ND: 9/28
36		13	14	15	16	17	18	19	**Columbus Day, 10/14, no classes;
37		20	21	22	23	24	25	26	
38	November	27	28	29	30	31	01	02	Phase 12      October 28 - November 23 (4on, 0off)
39		03	04	05	06	07	08	09	RD: 10/22; M&O: 10/26; ND: 10/26
40		10	11	12	13	14	15	16	Veteran's Day, 11/11, no classes;
41		17	18	19	20	21	22	23	***Holly Harvest Fair; no 6:30p, Th, 11/14; 9am, Fri @ BG
42		24	25	26	27	28	29	30	Phase 13      November 25 - December 21 (4on, 2off)
43	December	01	02	03	04	05	06	07	RD: 11/19; M&O: 11/23; ND: 11/23; YE PM: 12/21
44		08	09	10	11	12	13	14	**Thanksgiving and Black Friday, 11/28 & 11/29, no classes;
45		15	16	17	18	19	20	21	EW: 12/22 - 1/3
06		22	23	24	25	26	27	28	
07	January	29	30	31	01	02	03	04	

## Key

45 weeks of training

7 weeks & major holidays off for recovery

White = Training

Sand = Recovery Weeks & Holidays

Blue Letters = Holiday

## = Guest Days; any day during 1<sup>st</sup> 2 weeks of any phase with advanced registration;

\* = Class Schedule

\*\* = Holiday Schedule Change

\*\*\* = Facility Schedule Change

RD = Registration Deadline (11:59pm)

M&O = Private Measurements & Orientation

PM = Private Measurements (7-9am @ MC)

O = Orientation (12-3pm @ MC)

ND = Nutrition Discussion (1:30-3pm @ MC)

EW = Empowerment Week

NPS = Newton Public School

YE PM = Year End Private Measurements (6-9am @ MC)

## Hours, Locations & Contact Information

6am, M / W / F @

John M. Barry Boys & Girls Club (BG)

675 Watertown Street, Newton, MA 02460

9am, M / W / F, 6:30pm, M / T / Th @

Mackenzie Center (MC)

1337 Centre Street, Newton Centre, MA 02459

617.268.6232

info@bootcampboston.com

\*\* = Holiday Schedule

No classes on the following holidays 1/21, 2/18, 3/18, 4/15, 5/24-5/27, 7/4, 9/2, 10/14, 11/11, 11/28 & 11/29, 12/25 and 1/1.

\*\*\*HHF = 11/14 & 11/15 Holly Harvest Fair

6:00a, M / W / F @ BG

9:00a, M / W @ MC, F @ BG

6:30p, M / T @ MC; no Th;