

Change Your Body Boot Camps, Newton, MA

Group Personal Training, Weight Loss & Performance for Busy People

Class Schedule*

6am, M / W / F @ BG

9am, M / W / F @ MC

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

Master Calendar

2021

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

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

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 1st 2 weeks of any phase with advanced registration;

* = Class Schedule

** = Holiday Schedule Change

*** = Facility Schedule Change

** = Holiday Schedule

No classes on the following holidays 1/18, 2/15, 3/17 & 3/18, 4/19, 5/28-5/31, 7/4, 9/6, 10/11, 11/11, 11/25 & 11/26, 12/25 and 1/1.

***HHF = 11/11 & 11/12 Holly Harvest Fair

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

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

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

RD = Registration Deadline (11:59pm)

M&O = Private Measurements & Orientation

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

O = Orientation (12-1:30pm @ MC)

ND = Nutrition Discussion (1:45-3:45pm @ MC)

EW = Empowerment Week

NPS = Newton Public School

YE PM = Year End PM (7-9am @ MC)

SS = Saturday Stretch (7:30-9am) @ virtual)

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