

Change Your Body Boot Camps, Newton, MA

Group Personal Training, Weight Loss & Performance for Busy People

Master Calendar

2022

Class Schedule*

6am, M / W / F @ BG

9am, M / W / F @ MC

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

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

05	September	28	29	30	31	01	02	03	EW: 8/28 - 9/5, no classes
31		04	05	06	07	08	09	10	Phase 10 September 6 - September 24 (3on, 0off)
32		11	12	13	14	15	16	17	RD: 8/25; WW: 9/24; O&ND: Virtual-TBD
33		18	19	20	21	22	23	24	**Labor Day, 9/5, no classes;
34	October	25	26	27	28	29	30	01	Phase 11 September 26 - October 22 (4on, 0off)
35		02	03	04	05	06	07	08	RD: 9/22; WW: 10/22; O&ND: Virtual-TBD
36		09	10	11	12	13	14	15	**Indigenous People's Day, 10/10, no classes;
37		16	17	18	19	20	21	22	
38		23	24	25	26	27	28	29	Phase 12 October 24 - November 19 (4on, 0off)
39	November	30	31	01	02	03	04	05	RD: 10/20; WW: 11/19; O&ND: Virtual-TBD
40		06	07	08	09	10	11	12	Veteran's Day, 11/11, no classes;
41		13	14	15	16	17	18	19	***Holly Harvest Date is TBD; either 11/10-11/11 or 11/17-11/18
42		20	21	22	23	24	25	26	Phase 13 November 21 - December 17 (4on, 2off)
43	December	27	28	29	30	01	02	03	RD: 11/17; WW: 12/17; O&ND: Virtual-TBD
44		04	05	06	07	08	09	10	**Thanksgiving and Black Friday, 11/24 & 11/25, no classes;
45		11	12	13	14	15	16	17	
06		18	19	20	21	22	23	24	EW: 12/18 - 1/1, no classes;
07		25	26	27	28	29	30	31	

Key

45 weeks of training

7 weeks & major holidays off for recovery

White = Training

Sand = Recovery Weeks & Holidays

Blue Letters = Holiday

= Guest Days are the 1st 2 weeks of any phase with advanced registration; Sept is Guest Month

* = All classes are virtual except 6:30p, T / Th

** = Holiday Schedule Change

*** = Facility Schedule Change

RD = Registration Deadline (11:59pm)

WW = Weekend Workout (45min-2.5 hrs)

O = Orientation (Virtual - 2hr SP)

ND = Nutrition Discussion (Virtual - 2.5hr SP)

SP = Semi-Private

EW = Empowerment Week

NPS = Newton Public School

**** = There are (3) more pm classes (129) to am (126), so I'll use those randomly as flex times for prof. dev./personal days by canceling a class and not making it up.

** = Holiday Schedule

No classes on the following holidays 1/17, 2/21, 4/15, 4/18, 5/27, 5/30, 6/20, 7/4, 9/5, 10/10, 11/11, 11/24, 11/25, 12/25 and 1/1.

***HHF = ##/## & ##/## Holly Harvest Fair

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

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

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

Hours, Locations & Contact Information

as of 12/29/21 all workouts are virtual except 6:30pm, T /

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