

Change Your Body Boot Camps, Newton, MA

Group Personal Training, Weight Loss & Performance for Busy People

Master Calendar

2023

Class Schedule*

6:00am, M / W / F @ Virtual

9:00am, M / W / F @ Virtual

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

#	MONTH	Su	M	Tu	W	Th	F	Sa	
52		25	26	27	28	29	30	31	
1	January	01	02	03	04	05	06	07	Phase 1 January 2 - January 27 (4on, 0off)
2		08	09	10	11	12	13	14	RD: 1/5; O&ND: Virtual-by appointment
3		15	16	17	18	19	20	21	**MLK Day, 1/16, no live workouts;
4		22	23	24	25	26	27	28	
5	February	29	30	31	01	02	03	04	Phase 2 January 29 - February 17 (3on, 1 off)
6		05	06	07	08	09	10	11	WW: 1/29; RD: 2/2; O&ND: Virtual-by appointment
7		12	13	14	15	16	17	18	
01		19	20	21	22	23	24	25	EW: 2/18 - 2/25, NPS Winter Vacation, no live workouts;
8	March	26	27	28	01	02	03	04	Phase 3 February 26 - March 17 (3on, 0off)
9		05	06	07	08	09	10	11	WW: 2/26; RD: 3/2; O&ND: Virtual-by appointment
10		12	13	14	15	16	17	18	
11		19	20	21	22	23	24	25	Phase 4 March 20 - April 14 (4on, 1off)
12	April	26	27	28	29	30	31	01	RD: 3/23; O&ND: Virtual-by appointment
13		02	03	04	05	06	07	08	
14		09	10	11	12	13	14	15	**Good Friday, 4/7, no classes;
02		16	17	18	19	20	21	22	EW: 4/15 - 4/22: NPS Spring Vacation, no live workouts;
15		23	24	25	26	27	28	29	Phase 5 April 23 - May 12 (3on, 0off)
16	May	30	01	02	03	04	05	06	WW: 4/23; RD: 4/27; O&ND: Virtual-by appointment
17		07	08	09	10	11	12	13	
18		14	15	16	17	18	19	20	Phase 6 May 14 - June 9 (4on, 0off)
19		21	22	23	24	25	26	27	WW: 5/14; RD: 5/18; O&ND: Virtual-by appointment
20	June	28	29	30	31	01	02	03	**Memorial Day Weekend, 5-25-5/29, no live workouts;
21		04	05	06	07	08	09	10	**6:30pm, M / T @ MC, 5/22 & 5/23
22		11	12	13	14	15	16	17	Phase 7 June 11 - June 30 (3on, 1off)
23		18	19	20	21	22	23	24	WW: 6/11; RD: 6/15; O&ND: Virtual-by appointment
24	July	25	26	27	28	29	30	01	**Juneteenth 6/19, no live workouts;
03		02	03	04	05	06	07	08	EW: 7/1 - 7/8, no live workouts;
25		09	10	11	12	13	14	15	Phase 8 July 9 - July 28 (3on, 1off)
26		16	17	18	19	20	21	22	WW: 7/9; RD: 7/13; O&ND: Virtual-by appointment
27		23	24	25	26	27	28	29	
04	August	30	31	01	02	03	04	05	EW: 7/29 - 8/5, no live workouts;
28		06	07	08	09	10	11	12	Phase 9 August 6 - August 25 (3on, 1off)
29		13	14	15	16	17	18	19	WW: 8/6; RD: 8/10; O&ND: Virtual-by appointment
30		20	21	22	23	24	25	26	
05	September	27	28	29	30	31	01	02	EW: 8/26 - 9/4, no live workouts

31	03	04	05	06	07	08	09	Phase 10	September 5 - September 22 (3on, 0off)	
32	10	11	12	13	14	15	16	RD: 9/7; O&ND: Virtual-by appointment		
33	17	18	19	20	21	22	23	**Labor Day, 9/4, no live workouts;		
34	24	25	26	27	28	29	30	Phase 11	September 24 - October 20 (4on, 0off)	
35	October	01	02	03	04	05	06	07	WW: 9/24; RD: 9/28; O&ND: Virtual-by appointment	
36		08	09	10	11	12	13	14	**Indigenous People's Day, 10/9, no live workouts;	
37		15	16	17	18	19	20	21		
38		22	23	24	25	26	27	28	Phase 12	October 22 - November 17 (4on, 0off)
39	November	29	30	31	01	02	03	04	WW: 10/22; RD: 10/26; O&ND: Virtual-by appointment	
40		05	06	07	08	09	10	11	**Halloween, 10/31, Veteran's Day, 11/9 & 11/10, no workouts;	
41		12	13	14	15	16	17	18	***HHF, wk of 11/13: 6:30p, M / T @ MC, Th @ Virtual	
42		19	20	21	22	23	24	25	Phase 13	November 19 - December 15 (4on, 2off)
43	December	26	27	28	29	30	01	02	WW: 11/19; RD: 11/21; O&ND: Virtual-by appointment	
44		03	04	05	06	07	08	09	**Thanksgiving & Black Friday, 11/23 & 11/24, no live workouts;	
45		10	11	12	13	14	15	16		
06		17	18	19	20	21	22	23	EW: 12/16 - 1/1, no live workouts;	
07		24	25	26	27	28	29	30		
1	January	31	01	02	03	04	05	06		

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

** = Holiday Schedule

No live workouts on the following holidays 1/16, 2/20, 4/7, 4/17, 5/25, 5/26, 5/29, 6/19, 7/4, 9/4, 10/9, 11/9, 11/10, 11/23, 11/24, 12/25 and 1/1.

***HHF = Holly Harvest Fair, week of 11/13/23, 6:30p, M / T @ MC; Th @ Virtual

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 (126) workouts / time slot in 2023.

Hours, Locations & Contact Information

all workouts are virtual except 6:30pm, T / Th

6:00am, M / W / F @ Virtual

9:00am, M / W / F @ Virtual

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

Mackenzie Center (MC)

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