



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am – 6:30am Group Personal Training	6:00am–7:00 am Insanity	6:00 – 6:30am Group Personal Training	6:00 – 7:00 am Insanity	6:00 – 6:30am Group Personal Training		
8:00am– 9:00 am Boxing	8:00am–8:30am Group Personal Training	8:00am–8:30am Group Personal Training	8:00am -8:30 am Group Personal Training	8:00am–8:30am Group Personal Training		
9:00am–10:00 am Conditioning Lower Body	9:00am-10:00am Cross Training	9:00 – 10:00 am Conditioning Upper Body		9:00 – 10:00 am Conditioning Full Body	9:00 – 10:00 am Boxing	
4:30-5:30 After School Program		4:30-5:30 After School Program				
5:00pm–5:30pm Group Personal Training	10:30am-11:30am Low Impact	5:00pm–5:30pm Group Personal Training	10:30 – 11:30pm Low Impact		10:00 – 11:00 am Butts n' Gutts	10:30 – 11:30 am PiYo
5:30pm– 6:00pm Group Personal Training	5:30pm – 6:30pm Kickboxing	5:30 – 6:30 pm Cross Training	5:00 – 5:30 pm Group Personal Training			
6:00-6:30 TRX	5:30 – 6:00pm Group Personal Training	6:30-7:30 PiYo	5:30 – 6:30 pm Lower Body Conditioning	5:30-6:30 Conditioning Upper body		
6:30 – 7:00pm Group Personal Training	6:00 – 6:30pm Group Personal Training	6:30 – 7:00pm Group Personal Training	6:30 – 7:00pm Group Personal Training			
6:30 – 7:30pm Butts n' Gutts	6:30 – 7:30pm Zumba Tone	7:00 – 7:30pm Group Personal Training	6:30 – 7:30pm Zumba			
7:00 – 7:30pm Group Personal Training	6:30 – 7:00pm Group Personal Training	7:30 – 8:30 Yoga		6:30-7:30 Boxing		
7:30 – 8:30pm Yoga	7:30 – 8:30 pm San Da Jiu Jitsu Dr. Pritchett		7:30 – 8:30 pm San Da Jiu Jitsu Dr. Pritchett	8:00-9:00pm Twerk 'n Heels		

L.I.F.E. Exclusives \$\$\$ Group Exclusives Included with Class Membership

GYM HOURS: Monday-Thursday 5:30AM – 10:00PM Friday 5:30AM- 9:00PM Saturday 7:00AM- 6:00PM Sunday 7:00AM-4:00PM

Phone Number: (617) 770-1115 Address: 152 Parking Way Quincy 02169

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