



Group Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM to 7:00 AM SGPT-M		6:00 AM to 7:00 AM AM SGPT-M		6:00 AM to 7:00 AM SGPT-M	9:00 AM- 10:00 AM Boxing	10:30 AM to 11:30 AM LES MILLS BARRE
8:00 AM to 9:00 AM Boxing	8:00 AM to 9:00 AM SGPT-M	8:00 AM to 9:00 AM AM SGPT-M	8:00 AM to 9:00 AM SGPT-M	8:00 AM to 9:00 AM SGPT-M	10:00 AM to 11:00 AM Bootcamp Powerlifting	11:00 AM to 12:00 PM Powerlifting
9:00 AM to 10:00 AM SGPT-Sh Strength & Tone	9:00 AM to 10:00 AM Circuit Training	9:00 AM to 10:00 AM SGPT-Sh Strength & Tone	9:00 AM to 10:00 AM SGPT-Sh Abs & Agility	9:00 AM to 10:00 AM SGPT-Sh Strength & Tone		1:00 PM to 2:00 PM Carnival FIT
	9:30 AM to 10:30 AM Low Impact					
	10:30 AM to 11:30 AM Fundamental Yoga		10:30 AM to 11:30 AM Low Impact			
5:00 PM to 6:00 PM SGPT-S	5:00 PM to 6:00 PM SGPT-M	5:00 PM to 6:00 PM SGPT-S				
	5:30 PM to 6:30 PM Kickboxing	5:30 PM to 6:30 PM Kettlebell AMPD	5:30 PM to 6:30 PM GLUTEUS MAXOUT	5:30 PM to 6:30 PM Strength & Tone		
6:00 PM to 7:00 PM TRX-S	6:00 PM to 7:00 PM SGPT-M	6:00 PM to 7:00 PM Cross Training-S				
6:30 PM to 7:30 PM GLUTEUS MAXOUT	6:30 PM to 7:30 PM Zumba	6:30 PM to 7:30 PM PiYo	6:30 PM to 7:30 PM Zumba	6:30 PM to 7:30 PM Boxing		
7:00 PM to 8:00 PM SGPT-S Spin		7:00 PM to 8:00 PM SGPT-S	7:00 PM to 8:00 PM SGPT-M			
		7:30-8:30 PM Yoga				

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

PURPLE = Specialty classes exclusive to Small Group Personal Training Clients Only.

SGPT = Small Group Personal Training. Trainer discretionary classes based on individual fitness goals.

YELLOW = Sessions are a part of Basic Class membership package.

ORANGE = NEW CLASSES!

Follow us on Facebook, Instagram, and snapchat LIFE Health & Fitness Center for updates!



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