



Group Personal Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM to 7:00 AM BOOTCAMP		6:00 AM to 7:00 AM BOOTCAMP		6:00 AM to 7:00 AM BOOTCAMP	6:00 AM to 7:00 AM BOOTCAMP	
9:00 AM to 10:00 AM SGPT		9:00 AM to 10:00 AM SGPT		9:00 AM to 10:00 AM SGPT	9:00 AM- 10:00 AM BOOTCAMP	
6:00 PM to 7:00 PM SGPT		6:00 PM to 7:00 PM SGPT		6:00 PM to 7:00 PM SGPT		
6:00 PM to 7:00 PM BOOTCAMP	6:00 PM to 7:00 PM CROSS TRAINING	6:00 PM to 7:00 PM BOOTCAMP	6:00 PM to 7:00 PM CROSS TRAINING	6:00 PM to 7:00 PM BOOTCAMP		
7:00 PM to 8:00 PM SGPT		7:00 PM to 8:00 PM SGPT		7:00 PM to 8:00 PM SGPT		
7:00 PM to 8:00 PM BOOTCAMP		7:00 PM to 8:00 PM BOOTCAMP		7:00 PM to 8:00 PM BOOTCAMP		

SGPT = Small Group Personal Training/Specialty Classes

ORANGE = Bootcamp (6 Week Challengers ONLY)

Phone Number: (617) 770-1115 Address: 1400 Hancock Street, Quincy, MA 02169

ADVANCE SIGN-UPS MANDATORY. Sign up via your Club Ready portal or give us a call!

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