

DUE TO SUMMER VACATIONS WE WILL NOT HAVE SCHEDULED AFTERNOON TRAINING CLASSES FOR THE MONTHS OF JULY, AUGUST AND SEPTEMBER. YOU MAY CALL OFFICE AT 781-681-7003 AND SCHEDULE A ONE ON ONE 30 MINUTES APPOINTMENT WITH A TRAINER AT NO COST. PLEASE CHECK BACK NEAR THE END

OF AUGUST FOR OUR UPDATED  
SEPTEMBER CALENDAR.