

"STEP UP YOUR FITNESS"

LIFE CONDITIONING PROGRAM

TRAIN HERE FOR LIFE OUT THERE

Whether you are a former athlete looking to get back into a competitive environment or someone looking for that community feel in the gym, this program is right for you!

Our Life Conditioning Program uses strength training, high intensity interval training, and various aerobic workouts designed to improve quality of life and give you the body you deserve. Our team of certified trainers will make sure you see progress and improvement week to week with a workout tailored to your fitness level. Be prepared to sweat through strength training, agility, quickness, body weight, core strength, and circuit drills using equipment such as weights, battle ropes, jump ropes, TRX, kettlebells, medicine balls, turf sleds and more. Challenge your body and see the results!

Together, we are working toward a common goal!

Class sizes are limited so trainers can give you the attention you deserve.

16 (1 hour) classes per week - unlimited access.

\$99
per month



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am Strength	6:30am Conditioning	6:30am Strength	6:30am Conditioning	6:30am Strength	10:00am* Conditioning
12:00pm Conditioning	12:00pm Strength	12:00pm Conditioning	12:00pm Strength	12:00pm Conditioning	*Saturday Class is canceled in July & August for Summer Hours
6:15pm Strength	6:15pm Conditioning	6:15pm Strength	6:15pm Conditioning	6:15pm Strength	

If you are interested in trying LCP, please email our Fitness Manager Justin at Justin@nbfitnessclub.com!

1 HOUR CLASSES | SIGN-UPS REQUIRED ONLINE | 12 PERSON LIMIT PER CLASS

40 LIFE STREET, BRIGHTON | 617.987.8400



@NBFITNESSCLUB | NBFITNESSCLUB.COM