

BIG DAY FITNESS

MEMBER REVIEWS & COMMUNITY IMPACT

Supporting Documentation for Parking Permit Application

324+ FIVE-STAR REVIEWS ACROSS TWO LOCATIONS

Member experiences demonstrating individualized coaching, accessibility, and meaningful improvements in health, strength, function, and quality of life.

Purpose of This Supporting Documentation

The following member reviews demonstrate how Big Day Fitness differs from a traditional health club. We provide individualized programming, professional coaching, and one-on-one guidance, not simply access to exercise equipment.

Many of our members are beginners, older adults, people returning to exercise, or individuals who have not felt comfortable or successful in conventional gyms.

A Population That Often Needs More Support

Some members come to us after physical therapy or when they need more guidance than a traditional gym can provide. They may not know what exercises are appropriate, how to work around limitations, or how to safely progress.

Our Coaching Model

Our strength coaches assess each member's abilities, needs, limitations, and goals, then develop an individualized program and coach them one-on-one through it.

This approach allows us to serve people who may not fit well in a conventional gym and provide the expertise and support they need to become stronger, healthier, and more capable in everyday life.

What Our Members Say

Across our two locations, Big Day Fitness has received more than **324 five-star reviews**. The review screenshots that follow are direct member accounts and illustrate the population we serve, the individualized nature of our coaching, and the role Big Day Fitness plays in helping people who need a more supportive approach than a traditional health club typically provides.

DISTINCTION FROM A GENERAL HEALTH CLUB

These member experiences demonstrate that Big Day Fitness operates as a specialized, coaching-focused fitness facility. Our service is centered on individualized programming and professional guidance for people who may not be well served by a conventional, self-directed gym environment.



Deana Tondorf

1 opinión



★★★★★ Hace un año

Big Day Fitness has been such a gift! I had not worked out in years and I felt so insecure about going to a gym. I love that this gym has small group classes with supportive and knowledgeable staff. I feel stronger again and I enjoy the workouts. I strongly recommend trying this place out!



Kathy Hazelton

2 opiniones · 1 foto



★★★★★ Hace 10 meses

As soon as entered this gym I felt a relief knowing that it wasn't going to be the "typical" gym with all the muscle heads and skinny 20 something year olds in barely there outfits. A lot of the members are "older" so I feel at ease. Each session I go to I come out feeling like I accomplished something and feel great about it. The trainers have the best attitudes and are so fun to be around. I love the banter we have whether we talk about the Patriots or about the exercise I am doing. I highly recommend Big Day Fitness



Renee McInnes

11 opiniones



★★★★★ Editado Hace 6 meses

After my total knee surgery I went to Big Day for support and training to expedite my recovery. Maria and Bobby are highly skilled and made sure I was in proper form at all times. 3 months later I am strong and making great strides. Could not have done it without their care and expertise! I wanted to update my review and add what I have achieved since my last post. I am stronger and my endurance has never been better. After starting the Saturday mobility reset and stretching I am now able to kneel on my knee post surgery. The trainers only make me better by encouraging me to go beyond what I think is possible!! Thank you big day team for all your support and guidance.



Digger Donahue

8 opiniones



★★★★★ Hace un año

This is a great new gym with good managers and trainers! It's a cheerful place which is sensitive to the needs of various ages, sore knees and shoulders and personal fitness objectives. Recommend it to anyone looking to tune up the old body!



Patrick Niebauer

3 opiniones



★★★★★ Hace un año

Joining Big Day Fitness is one of the best decisions I've ever made for myself. If you're on the fence about joining, I encourage you to try them out.

A few years ago, I was overstressed due to work, felt out of shape, and was having a hard time keeping up with my kids. I knew I needed to make some changes. I wanted to avoid injury and get moving again. I kept hearing good things about Big Day Fitness after they opened and decided to give them a try.

It's an ideal environment, with knowledgeable coaches training you in a small group setting. It has the feel of a great team practice, with a group stretch and warm up, everyone doing their best, and no egos. People support and respect each other and their goals, across all age ranges.

Coaches will both encourage you to push yourself and also make sure that you're doing every exercise safely, with proper form. The workouts feature both classic exercises (bench press, squats), and variations on exercises that do an incredible job isolating muscle groups and allowing you to build strength (split squats, shoulder presses). Modifications are encouraged when something is too difficult or if you have mobility issues. It may be a group setting, but you'll feel like you have a personal trainer by your side. I've been working out for 25 years and have never been in a gym environment this good. You'll leave feeling great about what you've accomplished and looking forward to coming back. And that consistency is going to help you reach your goals.

I've been able to stick to a consistent schedule for over two years now. I'm in my mid-40s and more than just avoiding injury, I'm actually stronger than I've ever been. It feels amazing to exceed what I was able to lift when I was in college. I don't feel as many aches and pains after working in the yard or around the house as I used to. My overall energy level is higher, my clothes don't fit like they used to (in a good way!) and my kids are telling me I need to slow down because they can't keep up.

Time may be undefeated, but Big Day Fitness is helping me age on my terms, and it's the fountain of youth as far as I'm concerned.



Mary Lee Pomroy

1 opinión



★★★★★ Hace un mes

Trying to find a gym where I could workout and be myself, as I am a bit older than many, was a challenge until my daughter told me about Big Day Fitness in Norwell. When I first met with the owner, Bobby, I was a little nervous not really knowing what to expect, however, he made it so easy for me to realize that Big Day Fitness was exactly what I wanted. Sam and Rob, the two I instructors I work with the most, are two of the nicest guys I've ever met. They help when I need it and push me when I need it, and can laugh with me when I'm not too sure what I'm doing. I am extremely comfortable with them and love the fact that I am in with other men and women who are all there for a common goal.... Living healthier and feeling great!!



Julie Harrington

1 opinión



★★★★★ Hace un año

I stumbled across Big Day Fitness in May after realizing I needed to take action. My primary goal was to improve my strength, balance, and agility. I called and spoke with Maria, who couldn't have been nicer. I went in for an evaluation and began the following day. I have been going twice a week since the end of May, and I am amazed by the staff and myself. The staff (Bobby, Maria, Max, Sam, and Rob) is fantastic. They are kind and supportive. They genuinely listen to you and address your concerns, ensuring your safety while encouraging you to move to the next level. If there is something too difficult or too easy, they modify it for you. When I signed up, I thought I was joining a small gym where I could get stronger. Instead, I found the most incredible, most supportive group of people. On top of all of this, I have already noticed better balance and increased strength, which has me hooked.



C Flynn

Local Guide · 10 opiniones · 15 fotos



★★★★★ Hace un mes

After 70, my goal isn't a trophy. It's staying out of a walker by 80! After three abdominal surgeries and three back surgeries, I came in guarded, especially about my core, also my balance issues make basic movement its own project. Three months in, I'm mobility is better than I've had in years: fewer cramps, real flexibility, real mobility gains. The team leading the groups have been challenging and patient in equal measure. It reminds me of a good restaurant, where the staff is always there when you need them but never hovering or pushing. That's Big Day Fitness: present, skilled, and helpful."



Tyler Bordick

12 opiniones · 1 foto



★★★★★ Hace 8 meses

This place changed my life. I was always afraid to try something new, but Bobby and Maria changed that.

They listened to me, creating a personalized journey, and kept me accountable.

Most places don't cater to someone like me. I want to get stronger and in better shape but I was always intimidated stepping into other gyms.

I never thought I would find something that sticks. That changed the day i walked in here.



Clair Wankum

Local Guide · 16 opiniones



★★★★★ Hace 2 meses

Wow, I really love this place! I started at Big Day Fitness with the goal of becoming a stronger rower. Two months in and I already see a difference in my strength and flexibility. Being coached in proper technique and encouraged to do more with each session really keeps me on track. I love all the trainers, Bobby, Maria, Rob and Sam bring positive energy to each and every session. World Masters Rowing here I come!!!



Cathleen Johnson

1 opinión



★★★★★ Hace 3 meses

For the first half of my life, I was a dedicated runner, completing more than 30 marathons. Then one day, like Forrest Gump, I just stopped running. Over time, my body began to change. The weight slowly crept on, my muscle mass declined, and I knew I needed to make a change.

I joined a few gyms, thinking that would solve the problem, but I never went back to the same gym more than twice. I felt intimidated, uncomfortable, and completely out of place in my middle-aged body. I also knew that as we age, building and maintaining muscle becomes critical for healthy joints, mobility, and overall wellness.

After researching personal trainers, I stumbled upon Big Day Fitness—and I truly feel like I won the lottery.

I started training at Big Day Fitness in mid-April, attending three classes per week. In just five weeks, I lost 3% body fat and gained 1.5% muscle. I even dropped an entire dress size. More importantly, I feel strong again.

The classes are capped at just six people, creating a supportive and welcoming environment. The workouts are challenging but manageable, with a focus on full-body conditioning and core strength. Every session feels purposeful, and I leave knowing I've worked every major muscle group.

What sets Big Day Fitness apart is the attention and care from the trainers. They closely monitor your form and movements to ensure you're exercising safely and effectively, and they're always willing to make accommodations for individual needs or limitations.

If you're someone who feels intimidated by traditional gyms or unsure where to begin with strength training, I can't recommend Big Day Fitness enough. It has completely changed the way I think about fitness, and it's given me the confidence, strength, and results I was looking for.



Anne L.

1 opinión



★★★★★ Hace 5 meses

I've been a member at Big Day Fitness for just about 3 years and do their small group personal training. The trainers are some of the nicest people who are great at finding ways to motivate everyone. They will challenge you when you need it, but they will also modify something if it isn't working for you. I had some back issues last year and when I was able to return to the gym, they were amazing at easing me back in and making sure everything I was doing was positive for my recovery. Their attention to detail is excellent. Also, the community is really supportive and welcoming, which makes it easier to keep coming back. To be honest, I am not someone who loves working out, but at BDF, I always leave in a better mood and happy I showed up!



lisa Lisa

5 opiniones



★★★★★ Hace 4 meses

We have a family membership to a local gym, but I have never stepped foot inside. I've belonged to many gyms before, and always felt lost and intimidated. It was a workout just getting myself to those gyms...

A couple of weeks ago, I mentioned "I might look into that new gym by the post office." Well, my husband found out and checked it out for me. I went the next day and met with Max. Max was my Knight in Shining Armor! He listened, and he worked with me. He even followed up with text messages to make sure I was comfortable, and to let me know I was "crushing it." I laughed and said "I feel like I'm crushing something."

Today was my 7th session, and in all honesty, I'm feeling revitalized and more flexible. Power-walking for over five years is fine, but I knew I needed more, especially, weight-training and core strengthening.

The whole concept of BDF is fantastic! It's personal attention (without being hovered over); no intimidating machines to fuss with; small group sessions to fit each and everyone's needs.

Thank you Max, Maria, Jake, Bobby, (and Quincy).



Shay Studley Toland

6 opiniones · 3 fotos



★★★★★ Hace 6 meses

Precio razonable

I joined Big Day Fitness in the fall after taking a few years off from gym memberships. As a woman in her mid 50s, I knew that I needed to incorporate more strength training into my routines. This is Big Day Fitness' sweet spot. The main point I want to make is that Max and Jake (Duxbury trainers) "meet people where they are." I'm always impressed how they encourage some clients to push their boundaries (you look like you could add more weight), work with others to modify an exercise (how about doing those squats with support). They're watching all of us. No one is made to feel less than. I feel stronger and am more flexible than I was just a few months ago. And, I genuinely enjoy being there. I give the Big Day team a lot of credit for creating a non-judgmental and supportive culture. And, ultimately, for designing a program that works.



Deena Poirier

3 opiniones



★★★★★ Hace 3 meses

Precio razonable

I started at Big Day Fitness in Norwell 3 months ago with no experience with strength training. I was very nervous to start but everyone there is so friendly, positive and supportive. I was excited today to hit a personal record of an 88lb deadlift and I am blown away by how much progress I've made overall in such a short time frame. Joining Big Day Fitness is one of my best decisions!



Kathy Bittrich

1 opinión



★★★★★ Hace 3 meses

Precio razonable

I joined Big Day three months ago with strong reservations of joining a class environment - it turned out that other members are so welcoming in a "welcome in" kind of way and the coaches meet you where you are at and push you to meet your fitness goals. Having other members share their progress (chin ups, push ups - or just show up that morning) creates a real comfortable place to start a new edition of fitness and to challenge yourself. My progress was hard to define at first - then I started to notice everyday things weren't so uncertain - lifting things with ease, unbalanced movements that were stable, and noticeable change in my muscle appearance and the ladder movements becoming fluid (almost - practice, practice) - and my running felt stronger. While the coaches make this possible - and they are great to share your workout time with- and other members at Big Day are fun (really fun) - the progress in my fitness keeps building on itself and I am really happy I joined.



Susanne Bloom

5 opiniones



★★★★★ Hace 6 meses

Precio razonable

I currently am at Big Day Duxbury, but I started at Big Day Norwell. I don't have enough good things to say about this business. The owners, Bobby and Maria, care about making you the best version of yourself, whether that is encouragement at the gym or nutrition advice. I highly recommend Big Day Norwell. Best decision I've made in a long time.



Dan Donovan

1 opinión



★★★★★ Hace 4 meses

I joined Big Day Fitness 3 months ago and could not be more impressed with the training, trainers and programs. This is a community that keeps you accountable but lets you progress at your own pace. In 3 months I have dropped Lbs. increased overall strength, energy and recovered from a prior injury. They care about your personal goals and offer the support to help you achieve them. If you are looking to invest in yourself, Big Day Fitness is the place to be.



Jaime Hennessy

1 opinión



★★★★★ Hace 5 meses

If I could I'd give BDF more than 5 stars. This isn't just a "gym" it's a community. Bobby and Maria have built a space to challenge both your body and mind. The trainers encourage you every step of the way and push you when you need it. Who knew you could laugh during a workout?



Norma Manning

8 opiniones



★★★★★ Hace un año

Big Day Fitness is staffed by an incredible team of trainers who have created a safe space to work out, no matter what your age or fitness level. I joined just a month before my 70th birthday, after never having been to a gym in my life. Because of the team at BDF, I have gained the confidence that I belong at a gym! I have more energy, less aches and pains, and look forward to the workouts. You too can make the move from the couch to the gym. Just call Big Day Fitness. You won't regret it!



Aun Holland

2 opiniones



★★★★★ Hace 5 meses

Maria and Bobby go above and beyond with their gyms. Not only do they and their trainers provide first-class personal training, but they care about the overall well being of their clients. They provide motivation through email and social media, testimonials, weekly healthy recipes, they host seminars so their clients always feel supported! Thank you Big Day Fitness!



Juliann Kalb

3 opiniones



★★★★★ Hace 5 meses

Tried a trial session last summer and immediately felt the encouraging and supportive vibe. Became an official member when the Duxbury location opened back in September and haven't looked back - great coaches, positive environment, and a place that makes consistency feel natural. Highly recommend to anyone looking to build confidence and strength or start a journey to feeling good.



Michelle

2 opiniones



★★★★★ Hace 5 meses

I can't say enough great things about Big Day Fitness Norwell. The small class sizes make such a difference—you really get individualized attention, and the trainers are constantly helping with form correction to make sure you're getting the most out of every workout safely.

The environment is incredibly supportive and encouraging. The trainers are not only certified and knowledgeable, but also genuinely friendly and motivating. They push everyone to challenge themselves, increase weights, and grow stronger at their own pace.

The sense of community here is unmatched—everyone is uplifting and positive, which makes you actually look forward to working out.

Huge shout out to Rob and Sam, who lead most of my sessions. They are phenomenal—attentive, motivating, and truly invested in helping you improve.

Hands down, the best staff around. Highly recommend!



Sandy DiBonaventura

7 opiniones



★★★★★ Editado Hace 5 meses

Big Day Fitness has gotten me back into strength training!! I feel so comfortable there and know that I won't get injured as the trainers are constantly watching everyone and adjusting things as needed! They also give me the push I need to increase weights and/or reps! The workouts are challenging and fun and I love being able to use the boxing bag at the end of class! I highly recommend!



Krissy Oliver

7 opiniones



★★★★★ Editado Hace 5 meses

Precio razonable

****Best Decision I Could Have Made****

After working out in my basement for a few years since COVID, I had completely lost my motivation. I knew I needed a gym that would hold me accountable and push me to do my best—and Big Day Fitness has been a game changer.

The small workout groups and amazing coaches are what set this gym apart. Rob and Sam push me during every workout while giving me pointers throughout to improve my form and increase my strength. The coaches are incredibly knowledgeable and supportive, but what I appreciate most is that they empower you to make the workout as challenging as you want it to be—it's really on you to push yourself to your limits.

I love the community here. Everyone supports each other, and I never feel self-conscious. The month-long circuits are particularly great because you can actually see yourself getting stronger as you progress through them.

If you're looking for a gym that combines expert coaching, a supportive environment, and real results, Big Day Fitness is it. Definitely the best decision I could have made.



Kerri Cochrane

4 opiniones



★★★★★ Hace 5 meses

After years of "working out at home" I was looking for a gym to get back my strength. When I came across Big Day Fitness I was drawn in by the small class sizes and focus on strength and mobility. The Norwell location was a little further of a drive for me but well worth it. The first class I attended I knew I was in the right place. Everyone was extremely welcoming and encouraging. The small class size allows for the trainers to scale exercises to your level and adjust for any injuries. I have since moved to their Duxbury location but the way that I was welcomed and supported at the Norwell location is what sold me.



jackie carle

3 opiniones



★★★★★ Hace 10 meses

Precio razonable

BEST DECISION EVER!!!

Joining Big Day Fitness has physically and mentally made me happier, healthier and stronger. The trainers are friendly, approachable and beyond supportive. I know that they are 100% invested in my success. Their encouragement, attentiveness and non judgmental way they help each member to succeed is evident in the way they modify or challenge each individual. I look forward to my 0500 classes to start my day in a positive way. I am grateful to have found this wonderful group of people (both staff and members) to help me stay motivated and reach my goals.



Katie Warmington

3 opiniones



★★★★★ Hace un año

Joining Big Day Fitness has been one of the best decisions I've made for my health and mindset. What sets them apart are the incredible coaches — they're not just knowledgeable, they're genuinely invested in each person's journey. Their energy is contagious, and their encouragement makes you feel like you can take on anything.

Every session is thoughtfully designed to challenge you while still being totally doable at your own pace. I never feel lost or left behind — the coaches are always checking in, pushing you to go a little further, and making sure you're having fun along the way.

It's more than just a workout — it's a community that actually motivates you to show up and do your best. If you want a place where you feel supported, seen, and inspired to hit your goals, Big Day Fitness is it.

Highly recommend to anyone looking to level up their fitness in a positive and welcoming space!



Kathleen Kaplan

3 opiniones



★★★★★ Hace un año

After five years of doing CrossFit, I realized it just wasn't the right long-term fit for me. In September, I found Big Day Fitness—and I'm so glad I did. Their small group training sessions are thoughtfully structured with a full-body strength workout, proper warmups and stretching, and a choice of cardio to finish. The atmosphere is positive and supportive, and the coaches are both kind and genuinely encouraging.

After my first six weeks at Big Day, I had a serious accident and severed a tendon in my foot, which required surgery. I couldn't bear weight for six weeks and then spent another six in a boot. Despite being unable to attend in person, the coaches stayed in touch—checking in regularly and even sending me workouts I could do from home that didn't require standing. That level of care and connection is rare.

At 58, this injury has been humbling, but Big Day Fitness has helped me stay motivated and hopeful through recovery. Whether you're looking to build strength, maintain consistency, or just find a community that really cares, I can't recommend Big Day Fitness enough.



Alexandra Webb

3 opiniones



★★★★★ Hace 2 meses

Big Day Fitness is the best!!! I've stuck with this gym for about 6 months - which is huge for me. The thing I love about this place is that I've been able to stay consistent, building strength over time with steadfast encouragement. I love their perspective that you have to continue strength training to age well, and I've been so pleased with it. The personal touch at BDF is also worth noting. The trainers get to know you, care about your life outside of the gym, and genuinely care.



Aimee Yawnick

Local Guide · 11 opiniones · 3 fotos



★★★★★ Hace 10 meses

Precio razonable

When I started at Big Day Fitness 8 weeks ago, I was feeling bored and unmotivated with my home gym routine — even though I'd been consistent for almost 13 years. As a 58-year-old woman, I know how important it is to keep lifting heavy and mixing up my workouts, but my home gym equipment is limited and I prefer following a structured program rather than designing my own.

Since joining Big Day Fitness (and going only 2x per week!), I feel rejuvenated! It's like playing at an adult playground. Sam and Rob coach our small group through a variety of fun, challenging, functional exercises — and they have this great way of gently encouraging you to push harder without ever being overbearing.

In just 8 weeks, I've lost almost 8 pounds, gained nearly a pound of muscle, and dropped 4% body fat!

Bobby and Maria send motivating emails that go beyond workouts — they share insights on mindset, nutrition, recipes, and overall wellness.

This isn't your typical gym. The focus on adults 40+ creates a welcoming, inclusive environment where all body shapes, sizes, and fitness levels are celebrated.

If you're over 40 and want to be strong and mobile, I highly recommend checking out Big Day Fitness. Your future self will thank you!

[Ver traducción \(español\)](#)



Gail Orourke

7 opiniones · 1 foto



★★★★★ Hace 2 meses

I came to Big Day Fitness 6 months after rib surgery. I was nervous! I was managing some pain as well as expectations of what I should be able to do. The excellent staff literally held my hand and wiped my tears those first few weeks. I can say after 6 weeks there, I am doing more, feel better, have regained strength and most importantly built my confidence again. Thank you Big Day!



Lori Brightman

Local Guide · 14 opiniones · 24 fotos



★★★★★ Hace un año

Big Day Fitness is the best things to come into my life recently. I saw a video of Bobby on Facebook and decided to go and meet him and see the gym. I drive by Big Day Fitness every morning on my way to and from work. I had very specific things I wanted to get out of my next gym. I did not want a lot of running or Burpee's and I wanted a good workout that would make me sweat, was convenient and had a schedule that worked with my own. I found all these things and many more. I have always loved working out in a group setting. I did a boot camp for many years when I lived west of Boston. When I moved to Scituate, I could not find anything that compared. The minute I walked into Big Day Fitness. I knew I was where I was meant to be. The most amazing part of the entire experience is the trainers. They keep an eye on you. They care about you. They get to know you. They identify your strengths and weaknesses and give you positive feedback continuously. If you are not using correct form, they will correct you. They don't want you to get hurt. The trainers work with you until you get the movement right. Other gyms the trainers don't have the time to wait and see if you made the correction- they move on. Most class, are composed of six people. A bigger class might have two groups of 6. At any given time you have four to six trainers watching. It's amazing.

The other part of the class I love is spending the first few minutes using a foam roller and then arming up. There aren't many gyms that worry about your warm-up. They expect you to take care of it and if you don't, you don't. I love the first 10 minutes of class when we warm up together a circle. I am so impressed with the level of quality in each trainer. They take the time to get to know you and know your strengths and weaknesses. When I started the gym, I was in physical therapy for tennis elbow. I wanted to get back to exercising. Bobby spoke with my physical therapist and made sure he understood what I couldn't and could not do. On my first day every trainer asked me how I felt. Never once did they pressure me into doing something I didn't feel confident doing. I have been going now for five weeks and I can honestly say it every session someone has checked in with me multiple times to make sure I am ok. There are even times they give me an alternate exercise bc they don't want me doing the one planned.

I can't begin to tell you how impressed I am with Big Day Fitness. If you are anywhere a place to work out, you want to feel part of a group, and you want trainers who care about you, definitely go meet with Bobby and check it out. I'm sure you will be as impressed as I am.

Oh and don't even get me started on the correspondence and great recipes from Maria!



Brian Banks

3 opiniones



★★★★★ Hace un año

I cannot recommend Big Day Fitness enough! The trainers here truly go above and beyond in terms of support, encouragement, and expertise. Every workout is different, focusing on functional training that not only builds strength but also helps alleviate the aches and pains that come with being in my 40s.

Prior to starting at BDF, I worked out the same way I did in my 20's and I struggled with stiffness and lower back pain. Thanks to BDF's well-structured sessions and balance-focused exercises, I feel stronger, more flexible, and pain-free. The atmosphere is incredibly welcoming and it is clear the staff at BDF genuinely care about your progress and push you in the best way possible.

Working in the mental health field, I understand how important exercise can be to managing stress and burn-out. Working out smart so as not to allow workouts to become another stressor or thing on the to-do list is key! I look forward to my workouts at BDF -- they keep it interesting!

If you're looking for a gym that prioritizes both fitness and overall well-being, this is the place to be!



Wendy Moriarty

5 opiniones



★★★★★ Hace un año

At this point in my 50+ years, I have participated in several different ways to exercise my body. Strengthening muscles is key and this type of functional training has become my favorite way to do just that. There are no machines that are expected to fit all shapes and sizes which I like because I can simply focus on the exercise itself. Since proper form is critical for success, I really like the small group aspect here because my trainer is readily accessible if needed. If you have taken time off or just want to make a change to your routine, I recommend trying BIG DAY FITNESS



Diana Maynard

1 opinión



Hace 1 día

Nuevo

I can't say enough about the positive impact BDF has made in my strength and fitness in only 2 months since I joined. I like the small group classes with personalized exercise coaching. I learned critical stretching movements that have improved my range of motion , especially in my shoulders. Ian and Max are great leaders, knowledgeable and professional, making group fitness exercise feel like getting together with friends. The classes are upbeat, allows for varied levels of ability and a fun overall experience.

Thank you BDF for helping me be my best self!



Frank Lavin

8 opiniones · 1 foto



Hace 2 meses

After five years of individual personal training, I was skeptical about adding small group sessions to my weekly routine. However, after just a few months at Big Day Fitness, I can honestly say I actually prefer it! The group environment is incredibly fun, social, and motivating, giving me the exact accountability and healthy competition I was looking for. In a short amount of time, I've learned excellent new functional techniques and am already seeing massive improvements in my core strength—an area I've always struggled with in the past. Whether you are brand new to working out or a seasoned pro, you will find immense value here; come check it out!



Brian Dudley

5 opiniones



Hace 2 meses

The Big Day Fitness formula, community, support and staff are exactly what I was looking for! I had not prioritized my physical health and strength, and seemed to always come up with excuses for skipping the gym. After reading several books focused on longevity, and the importance improving functional strength, it became clear to me that I needed to try something different. I needed a supportive community and coaches that would help me stay accountable. I needed a defined program to follow. I needed to be provided options to modify some movements that were difficult for me. I found all this, and then some, at BDF! The surprising thing to me is how fast I noticed the results. I'm on the right track now, and am excited to see future results as I continue in the months and years ahead! If you are on the fence about joining this gym, don't think any more about it. Join! It's a very welcoming community. I wish I had started sooner.



Marcus M

5 opiniones



★★★★★ Hace 2 meses

I'm 48, a dad of three, and honestly I felt like I'd tried everything. HIIT classes, running, the occasional crack at yoga, a few different diets. Nothing stuck and my body just wasn't responding like it used to. It got pretty frustrating.

A buddy of mine kept telling me about Big Day Fitness and how much it had done for him, so I finally gave it a shot. I was nervous walking in the first day, but Max made it easy. He took the time to show me what I was doing and never made me feel like the new guy who didn't belong.

Three months in I'm down a size, I've put on some muscle, and I've dropped about 5% body fat. I'm starting to actually see definition and I feel a lot stronger. More confident too, which I wasn't expecting.

If you're stuck where I was, give this place a try.



Nancy Feeney

10 opiniones · 1 foto



★★★★★ Hace 4 meses

Buen precio

I have been going to Big Day Fitness for the past three months. I have dropped at least 15 pounds. I have more energy and I love how my clothes fit. Maria, Max, and Jake have been incredible trainers. I also have lived with multiple sclerosis for 35 years. It is important that I live my life as healthy as I can. I thank God I found Big Day Fitness!!!



Paula Harris

10 opiniones · 1 foto



★★★★★ Editado Hace 6 meses

As someone who never has gone to gyms and actually dreaded them, I've been thrilled with my experience at Big Day Fitness. Jake and Max have been super supportive both when I'm in the gym for class and following up via text to make sure things are going well. Even though there are all levels of fitness in the room, you never feel like you can't do what you need to do your level of fitness. They always have suggestions and modifications to take it up or take it down based on what you need. I highly recommend Big Day Fitness.



Kate Henderson

8 opiniones · 1 foto



★★★★★ Hace 6 meses

Big Day Fitness got me out of a major rut! For years I've prioritized raising my kids and my career over consistent fitness. Sure, I'd work out and stay active here and there but I wasn't being consistent. It got to the point where I was so intimidated to join a gym, I just avoided it. Until I received a free trail to BDF Duxbury! I am so thankful I tried it because I could not love the trainers or the BDF community more. They got me out of my rut and after going 2x a week for the last 5 months, I feel great! Stronger, happier, more energetic and now I actually look forward to going to the gym. They are supportive, encouraging and will meet you where you're at. Would give BDF 10 stars if I could!



Patrick Murtaugh

Local Guide · 39 opiniones · 8 fotos



★★★★★ Hace 8 meses

Precio razonable

Bottom line — Big Day Fitness has changed my life in the best of ways — and more than I expected going into it. I stumbled upon this personal training gym on my way to rock paper scissors next door on Halloween 2025. Coach Jake (the man!!!) introduced himself to me and offered 2 free weeks of small group classes after doing an easy intro training assessment with owner/coach Maria. Everyone at BDF (Maria, Max, Jake, Bobby, etc) has been so supportive, thoughtful, caring, motivating, inspiring, and they have delivered results beyond my expectations. One example - when I started at BDF around Nov 1 (2+ months ago), I couldn't do one unassisted pull-up at my body weight (then around 200 lbs) at age 37. Fast forward to today, with Max and Jake's dedicated focused personalized support and guidance for me and my personal pull-up goal, I'm now doing 4 unassisted pull-ups at 190 lbs before class and 8 assisted pull-ups after class — in just 2.5 months. I can't recommend going to this gym for 1-1 personal training or group personal training enough. I recommend this gym to all my family and friends! The community of members is spectacular - everyone is so supportive of each other and we laugh half the class because the vibes are so positive and fun.



Stephanie Roine

Local Guide · 73 opiniones · 110 fotos



★★★★★ Editado Hace 6 meses

Big Day is the best! I used to work out with two close friends but they have since moved away and I really struggled to work out by myself. It just wasn't fun anymore and I didn't like going to the gym without a workout buddy. But then I started coming here and instantly loved it. The small training group quickly became my workout community and I look forward to my weekly sessions! The circuit training makes the workout go quickly and the trainers are great about making sure you work a little bit harder each time so you're always getting stronger but not overexerting yourself. Big Day Fitness is exactly what I was looking for in a gym and I'm so glad they opened one here in Duxbury!

*Update: The photo I attached is me after just three months working out here. I feel so much better in my clothes and am so much stronger than when I began, which has definitely helped with all the necessary shoveling this winter!

[Ver traducción \(español\)](#)



Kevin Knippenberg

2 opiniones



★★★★★ Hace 6 meses

Precio razonable

I can't say enough good things about big day fitness. After my injury, it was hard to find the motivation and focus to get back into training. The environment here really helped me reset, stay consistent, and work toward my goals. The support, coaching, and positive atmosphere have helped me get stronger and more focused every week. If you're looking for a place that pushes you to improve while supporting your recovery and progress, this is it. Highly recommend!