



BT Group Fitness @ HCLC

Holy Cross Lutheran Church 280 Crosswicks Road, Bordentown NJ 08505

Class Description and 2016 Pricing

Monthly Pricing:

Walk-In's \$8/ Students ages 14-20 \$5

4 classes \$30

8 classes \$55

Unlimited classes \$65

10% from every monthly program purchased and \$1 from every walk-in is donated to HCLC Community Outreach Ministries.

FREE Birthday class for current monthly participants (must be used within your birthday month).

Class Descriptions

Boot Camp ~ a total body conditioning workout, incorporating cardiovascular and muscle strength exercises. Functional movements like planks, push-ups and squats are performed using weights, body weight and a variety of exercise tools, constantly challenging your muscles in different ways. Lose weight; build strong lean muscle, target your trouble areas and get maximum results. HIIT & Tabata methods used. 60 minutes

Turbo Kick™ ~ a choreographed kickboxing class that mixes simple dance moves with music that makes you want to move while burning up to 1000 calories in one hour! 60 minutes

PiYo™ ~ combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. 60 minutes

Pilates ~ based on the teachings of Joseph Pilates, this core conditioning class will stretch, strengthen and sculpt your body and relax your mind! Gain flexibility, improve posture and mind/body awareness. 60 minutes

Power Circuit ~ a challenging and highly effective total body workout. Circuit training targets aerobic fitness and muscular endurance simultaneously. Participants work through a series of eight to 12 or more exercises for either a set time or number of reps, with little rest between exercises. Some circuits may involve the use of exercise equipment, i.e. kettlebells, agility ladders, medicine balls, battling ropes, etc. others may use only body weight exercises. 60 minutes

Bring water and exercise mat to every class; yoga mat recommended for PiYo; shoes are optional. Mats and hand weights are available on site for your use. Instructors will modify all exercises for different fitness levels and medical needs when pre-disclosed.

INSTRUCTORS

◇Barbara Tonzini - certified Tabata Bootcamp™ trainer, personal trainer, Turbo Kick™ instructor and Primary Group Fitness instructor with over 25 years of experience. Barbara is an active member of HCLC since 2007 and leader of HCLC Fitness Ministry ~ fully insured.

◇Karen Ezzo – certified Pilates and Primary Group Fitness instructor with 15 years of experience.

◇Christine DeDomenico – certified Turbo Kick™ instructor with 10 years of experience.

◇Sara Beauchemin - certified PiYo™ instructor and marathon runner.

Holy Cross Lutheran Church is located at 280 Crosswicks Road, Bordentown NJ 08505 www.hclconline.org
For more information and a FREE trial class contact Barb @ bdaloisio@verizon.net