



April 2018 ~ BT Fitness at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2018 Monthly Pricing: Walk-In \$10 Students \$5 Unlimited \$86	2 5:15am HIIT 6:30pm HIIT	3 5:15am Group Run 5:15am PIYO 6:30pm BC	4 5:15am Pilates Fusion 6:30pm TK	5 5:15am Boot Camp 6:30pm Pilates Fusion	6 5K FRIDAY 5:15am Group Run	7 7:15am GILDER 8:30 BYO-BALL <i>5-person min</i>
Pre-paid Punch Card: <i>good for 60 days</i> 4-8 classes \$8/class 9-12 classes \$7/class	9 5:15am HIIT 6:30pm HIIT	10 5:15am Group Run 5:15am PIYO 6:30pm BC	11 5:15am Buti Yoga 6:30pm TK	12 5:15am Boot Camp 6:30pm Buti Yoga	13 5K FRIDAY 5:15am Group Run	14 7:15am HIIT 8:20am Pilates Fusion <i>5-person min</i>
15 HCLC Worship service 10:00 a.m.	16 5:15am HIIT 6:30pm HIIT	17 5:15am Group Run 5:15am PIYO 6:30pm BYO-BALL	18 5:15am Buti Yoga 6:30pm TK	19 5:15am BC 6:30pm Pilates Fusion	20 5K FRIDAY 5:15am Group Run	21 7:15am BUTI 8:20am PIYO <i>5-person min</i>
22 HCLC Worship service 10:00 a.m.	23 5:15am HIIT 6:30pm HIIT	24 5:15am Group Run 5:15am PIYO 6:30pm BC	25 5:15am Buti Yoga 6:30pm TK	26 5:15am Boot Camp 6:30pm PIYO	27 5K FRIDAY 5:15am Group Run	28 7:15am GILDER 7:30am Pilates Fusion <i>5-person min</i>
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 www.hclconline.org	30 5:15am HIIT 6:30pm HIIT	5/1 5:15am Group Run 5:15am PIYO 6:30pm BC	5/2 5:15am Buti Yoga 6:30pm TK	5/3 5:15am Boot Camp 6:30pm Pilates Fusion	5/4 5K FRIDAY 5:15am Group Run	5/5 7:15am BUTI 8:20am POWER CIRCUIT <i>5-person min</i>

Contact Barb Tonzini @ btonzini@comcast.net for a FREE trial Boot Camp class BC- Boot Camp / TK- Turbo Kick / PC- Power Circuit
 BYO Ball – bring your own stability ball / HIIT – High Intensity Interval training www.hclconline.org/fitnessministry