



# August 2017 ~ BT Fitness Group Classes at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Monthly Pricing:</b> Walk-In \$10 HCLC members \$8 Student \$5 Unlimited \$84	7/31 5:15am BC  6:30pm CH* <i>rsvp</i> <i>3ppl min</i>	<b>1</b> 5:15am PIYO <i>*rsvp 3ppl min</i>  6:30pm BC	<b>2</b> 5:15am Group Run  6:30pm TK* <i>*rsvp 3ppl min</i>	<b>3</b> 5:15am BC  6:30pm Buti* <i>*rsvp 3ppl min</i>	<b>4</b>  5K FRIDAY Aug Challenge	<b>5</b> 7:00am Buti <i>*rsvp outside weather permitting</i>
<b>Monthly Class Pass:</b> 4 class pass \$32 8 class pass \$60 12 class pass \$78	<b>7</b> 5:15am BC  6:30pm CH* <i>rsvp</i> <i>3ppl min</i>	<b>8</b> 5:15am Buti <i>*rsvp 3ppl min</i>  6:30pm BC	<b>9</b> 5:15am Group Run  6:30pm TK* <i>*rsvp 3ppl min</i>	<b>10</b> 5:15am BC  6:30pm PIYO <i>*rsvp 3ppl min</i>	<b>11</b> 5:15am BYO-BALL* <i>rsvp</i> 5K FRIDAY Aug Challenge	<b>12</b> 7:00am Group Run 8:00am TK <i>*rsvp both classes</i>
<b>13</b> HCLC Isaiah Project 11:30-2:00pm <b>Volunteers needed</b>	<b>14</b> 5:15am PIYO  6:30pm TK <i>*rsvp both classes</i>	<b>15</b>  6:30pm BC <i>*rsvp 3ppl min</i>	<b>16</b> 5:15am Group Run  6:30pm TK* <i>*rsvp 3ppl min</i>	<b>17</b> 5:15am Circuit  6:30pm PIYO <i>*rsvp 3ppl min</i>	<b>18</b>  5K FRIDAY Aug Challenge	<b>19</b> 7:00am PIYO 8:05am TK <i>*rsvp both classes</i>
<b>20</b> HCLC Worship service 10:00 AM	<b>21</b> 5:15am BC  6:30pm CH* <i>rsvp</i> <i>3ppl min</i>	<b>22</b> 5:15am Buti <i>*rsvp 3ppl min</i>  6:30pm BC	<b>23</b> 5:15am Group Run  6:30pm TK* <i>*rsvp 3ppl min</i>	<b>24</b> 5:15am BC  6:30pm Buti* <i>*rsvp 3ppl min</i>	<b>25</b>  5K FRIDAY Aug Challenge	<b>26</b> 7:00am Gilder Park <i>No max~ weather permitting</i>
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 <a href="http://www.hclconline.org">www.hclconline.org</a>	<b>28</b> 5:15am BC 6:30pm What is Buti? 6:45pm Buti Yoga	<b>29</b> 5:15am PIYO <i>*rsvp 3ppl min</i> 6:30pm BC Basics 6:45pm Boot Camp	<b>30</b> 5:15am Group Run  6:30pm Intro to TK 6:45pm Turbo Kick	<b>31</b> 5:15am BC  6:30pm PiYo Demo 6:45pm PiYo	9/1  5K FRIDAY Aug Challenge	9/2 <b>BT Fitness Anniversary Celebration</b> Details to follow

All new participants must pre-register. Contact Barb Tonzini @ [btonzini@comcast.net](mailto:btonzini@comcast.net) for a free trial Boot Camp class  
 BC- Boot Camp / TK- Turbo Kick / CH- Country Heat / PC- Power Circuit [www.hclconline.org](http://www.hclconline.org)