



# August 2018 ~ BT Fitness at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2018 Monthly Pricing:</b> Walk-In \$10 Students \$5 Unlimited \$86	<b>8/30</b> 5:15am Bell-ates 6:30pm PIYO	<b>8/31</b> 5:15am Group Run <b>NO AM CLASS</b> 6:30pm Power Circuit	<b>1</b> 5:15am PIYO 6:30pm Bell-ates	<b>2</b> 5:15am Power Circuit 6:30pm Turbo Kick	<b>3</b> 5K FRIDAY 5:15am Group Run	<b>4</b> 8:00am Turbo Kick <i>4-person minimum</i>
<b>Pre-paid Punch Card:</b> <i>good for 60 days</i> 4-8 classes \$8/class 9-12 classes \$7/class	<b>6</b> 5:15am Bell-ates 6:30pm PIYO	<b>7</b> 5:15am Group Run 5:15am PIYO 6:30pm Power Circuit	<b>8</b> 5:15am Buti By Sara 6:30pm Pilates	<b>9</b> 5:15am Power Circuit 6:30pm Turbo Kick	<b>10</b> 5K FRIDAY 5:15am Group Run	<b>11</b> 7:00am Buti By Sara 7:30am Pilates Fusion
<b>12</b> HCLC Worship service 10:00 a.m. 11:30 Isaiah Project	<b>13</b> 5:15am HIIT 6:30pm CIRCUIT	<b>14</b> 5:15am Group Run 5:15am PIYO 6:30pm BYO-BALL	<b>15</b> 5:15am Buti By Sara 6:30pm Bell-ates	<b>16</b> 5:15am Boot Camp 6:30pm Turbo Kick	<b>17</b> 5K FRIDAY 5:15am Group Run	<b>18</b> 7:15am GILDER PARK <i>Weather permitting</i>
<b>19</b> HCLC Worship service 10:00 a.m.	<b>20</b> 5:15am HIIT 6:30pm CIRCUIT	<b>21</b> 5:15am Group Run <b>NO AM CLASS</b> 6:30PM Boot Camp	<b>22</b> 5:15am Buti By Sara 6:30pm Pilates	<b>23</b> 5:15am Boot Camp 6:30pm Turbo Kick	<b>24</b> 5K FRIDAY 5:15am Group Run	<b>25</b> 7:15am & 8:15 Power Circuit
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505	<b>27</b> 5:15am HIIT 6:30pm Circuit	<b>28</b> 5:15am Group Run 5:15am PIYO 6:30pm BYO-BALL	<b>29</b> 5:15am Buti By Sara 6:30pm Bell-ates	<b>30</b> 5:15am Boot Camp 6:30pm Turbo Kick	<b>31</b> 5K FRIDAY 5:15am Group Run	<b>9/1</b> 7:15am GILDER PARK <i>Weather permitting</i>

Contact Barb Tonzini @ [btonzini@comcast.net](mailto:btonzini@comcast.net) for a FREE trial class

BYO Ball – bring your own stability ball / HIIT – High Intensity Interval training <https://hclc.life/bt-fitness-ministry>