




# DECEMBER 2016 BT Group Fitness Schedule at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Monthly Pricing:</b> Walk-In \$10 Unlimited \$70 <b>Punch Card:</b> 4 classes \$32 8 classes \$60	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>11/29</b> 5:15am PIYO  6:45pm BC	<b>11/30</b>  6:45pm TK	<b>1</b> 5:15am BC  6:45pm PIYO	<b>2</b>  5K Friday	<b>3</b> 7:00am BALL  8:05 Turbo Kick <i>Rsvp both</i>
<b>4</b> LuLaRoe Pop-Up Party Arbonne Holiday 2016 @ HCLC 1 – 3 p.m.	<b>5</b> 5:15am BC 6:45pm (CH) Country Heat	<b>6</b> 5:15am PIYO  6:45pm BC	<b>7</b>  6:45pm TK	<b>8</b> 5:15am BC  6:45pm PIYO	<b>9</b> 5K Friday <b>Fitness Xmas Dinner</b> 6:30 p.m. Chesterfield Inn	<b>10</b> 8:00am GILDER <i>Weather permitting</i>
<b>11</b>  Walk-Run 3 Miles	<b>12</b> 5:15am BC 6:45pm CH	<b>13</b> 5:15am PIYO  6:45pm BC	<b>14</b>  6:45pm TK	<b>15</b> 5:15am BALL  6:45pm PIYO	<b>16</b>  5K Friday	<b>17</b> 7:00 Country Heat 8:05am Boot Camp
<b>18</b>  Walk-Run 3 Miles	<b>19</b> 5:15am BC  6:45pm CH	<b>20</b> 5:15am PIYO  6:45pm BC	<b>21</b>  6:45pm TK	<b>22</b> 5:15am BC  6:45pm PIYO	<b>23</b>  5K Friday	<b>24</b> 7:30am Circuit <i>Rsvp 14 ppl. Max</i>
<b>25</b> 	<b>26</b> NO CLASSES a.m. Group Run?	<b>27</b> 5:15am PIYO  6:45pm BC <i>Rsvp</i>	<b>28</b>  6:45pm CH <i>Rsvp</i>	<b>29</b> 5:15am BC  6:45pm PIYO <i>Rsvp</i>	<b>30</b>  5K Friday	<b>31</b> 7:30am BALL 8:30 Turbo Kick <i>Rsvp both</i>

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