



December 2017 ~ BT Fitness at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly Pricing: Walk-In \$10 HCLC members \$8 Student \$5 Unlimited \$84	11/27 5:15am BC 6:30pm HIIT	11/28 5:15am Group Run 6:30pm BC	11/29 5:15am PIYO 6:30pm TK	11/30 5:15am BYO Ball 6:30pm Buti Yoga	1 5K FRIDAY	2 7:15am Buti Yoga
Monthly Class Pass: 4 class pass \$32 8 class pass \$60 12 class pass \$78	4 5:15am BC 6:30pm HIIT	5 5:15am Group Run NO 6:30pm Class	6 5:15am Buti Yoga 6:30pm TK	7 5:15am HIIT 6:30pm Buti Yoga	8 5K FRIDAY Poss. Holiday GNO	9 7:00-7:30am Vinyasa yoga 7:35-8:15 HIIT
10 HCLC Isaiah Project 11:30-2:00 pm	11 5:15am BC 6:30pm HIIT	12 5:15am Group Run 6:30pm BYO Ball	13 5:15am Vinyasa 6:30pm TK	14 5:15am HIIT NO 6:30pm Class	15 5K FRIDAY Poss. Holiday GNO	16 7:15am Buti Yoga
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 www.hclconline.org	18 5:15am BC 6:30pm HIIT	19 5:15am Group Run 6:30pm BYO Ball	20 5:15am Buti Yoga 6:30pm TK	21 5:15am HIIT 6:30pm Buti Yoga	22 5K FRIDAY	23 7:15 & 8:05am Power Circuit Wear red or green
24/31 a.m. Group Run?? HCLC Worship service 10:00 a.m. Xmas Eve 5 & 7 p.m.		26 ?? a.m. Group Run NO 6:30pm Class	27 5:15am Vinyasa 6:30pm TK	28 5:15am HIIT 6:30pm Buti Yoga	29 5K FRIDAY	30 7:15am Boot Camp

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