



FEBRUARY 2017 BT Group Fitness Schedule at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly Pricing: Walk-In \$10; Hclc \$8; Student \$5 Unlimited \$70 Punch Card: 4 classes \$32 8 classes \$60	1/30 5:15am BC 6:45pm CH (Country Heat)	1/31 5:15am PIYO 6:45pm BC	1 6:45pm TK (Turbo Kick)	2 5:15am BC 6:45pm PIYO	3 5K Friday	4 7:00 & 8:05am Power Circuit <i>14 person max per class</i>
5 Walk-Run 3 Miles	6 5:15am BC NO PM CLASS <i>HCLC preschool registration</i>	7 5:15am BALL 6:45pm BC	8 6:45pm TK	9 5:15am BC 6:45pm BALL	10 5K FRIDAY S.J. Iron Pigs Workout Fundraiser & Vendors Time: 6:30 pm- 9:30 Place: TBD	11 7:00 am PIYO 8:05 Turbo Kick <i>14 person max per class</i>
12 11:30-2:00 HCLC ISAAH PROJECT	13 5:15am BC 6:45pm CH	14 5:15am PIYO 6:45 pm BC* *RSVP VALENTINE'S DAY	15 6:45pm TK	16 5:15am BC 6:45pm PIYO	17 5K Friday	18 7:00 & 8:05am Power Circuit <i>14 person max per class</i>
19 Walk-Run 3 Miles	20 5:15am BC 6:45pm CH	21 5:15am PIYO 6:45pm BC	22 6:45pm TK	23 5:15am BC 6:45pm PIYO	24 5K Friday	25 7:00 & 7:45am HIIT <i>14 person max per class</i> 8:30 Turbo Kick
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 www.hclconline.org	27 5:15am BC 6:45pm CH	28 5:15am PIYO 6:45pm BC	3/1 6:45pm TK	3/2 5:15am BC 6:45pm PIYO	3/3 5K Friday	3/4 7:00 & 8:05am Power Circuit <i>14 person max per class</i>

All new participants must pre-register. Contact Barb Tonzini @ btonzini@comcast.net for a trial class

BC- Boot Camp / TK- Turbo Kick / CH- Country Heat / PC- Power Circuit www.hclconline.org