



February 2018 ~ BT Fitness at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2018 Monthly Pricing: Walk-In \$10 Students \$6 Unlimited \$86	1/29 5:15am HIIT 6:30pm HIIT	1/30 5:15am Group Run 6:30pm TK	1/31 5:15am PIYO ^{SB} NO 6:30pm TK Running Seminar @ 6:30pm	1 5:15am Boot Camp 6:30pm Buti Yoga	2 5:15am Group Run 5K FRIDAY	3 7:15 & 8:15am Power Circuit <i>12-person max/class</i> GNO 7:00 pm MANGIA
Pre-paid Punch Card: <i>good for 60 days</i> 4-8 classes \$8/class 9-12 classes \$7/class	5 5:15am HIIT NO 6:30pm HIIT Preschool Registration & Open House	6 5:15am Group Run 5:15am PIYO ^{VF} 6:30pm HIIT	7 5:15am Buti Yoga 6:30pm TK	8 5:15am Boot Camp 6:30pm Buti Yoga	9 5:15am Group Run 5K FRIDAY	10 7:15am VinyasaFlow 8:15am HIIT <i>14-person max/class</i> <i>5-person min</i>
11 HCLC Isaiah Project Fitness Ministry 11:30-2:00 pm	12 5:15am HIIT 6:30pm HIIT	13 5:15am Group Run 5:15am PIYO ^{VF} 6:30pm TK	14 Valentine's Day 5:15am Buti Yoga NO 6:30pm TK	15 5:15am Boot Camp 6:30pm Buti Yoga	16 5:15am Group Run 5K FRIDAY	17 7:15 & 8:15am BYO BALL <i>14-person max/class</i> <i>5-person min</i>
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 www.hclconline.org	19 5:15am HIIT 6:30pm HIIT	20 5:15am Group Run 5:15am PIYO ^{VF} 6:30pm BC	21 5:15am Buti Yoga 6:30pm TK	22 5:15am Boot Camp 6:30pm Buti Yoga	23 5:15am Group Run 5K FRIDAY	24 7:15am Buti Yoga 8:15am Boot Camp <i>14-person max/class</i> <i>5-person min</i>
25 HCLC Worship service 10:00 a.m.	26 5:15am HIIT 6:30pm HIIT	27 5:15am Group Run 5:15am PIYO ^{VF} 6:30pm BC	28 5:15am Buti Yoga 6:30pm TK	3/1 5:15am Boot Camp 6:30pm Buti Yoga	3/2 5:15am Group Run 5K FRIDAY	3/3 7:15 & 8:15am HIIT <i>5-person min</i>

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