



BT Fitness at HCLC

TABATA Bootcamp™ Turbokick™ Pilates Power Circuit

Class Descriptions

TABATA Bootcamp™ ~ an 8 week training program that is based on High Intensity Interval Training (HIIT) using the 20-10 Microburst Training Protocol (work to rest ratio 20 seconds work – 10 seconds rest). Group members receive an easy and individually formatted program from a certified Tabata Bootcamp™ trainer, and participate in weekly workouts that will result in true, successful weight loss and muscle gain. These exercises are combined with metabolic tracking, and 27/7 web support that deliver amazing body transformation results. Duration: 45-60mins

Turbo Kick™ ~ a choreographed kickboxing class that mixes simple dance moves with music that makes you want to move while burning up to 1000 calories in an hour. Duration: 60 mins

Pilates ~ based on the teachings of Joseph Pilates, this core conditioning class will stretch, strengthen and sculpt your body and relax your mind! Gain flexibility, improve posture and mind/body awareness. Exercise mat, light hand weights and stability ball are needed for this class. Duration: 60 mins

Power Circuit ~ an explosive hour of cardio, strength and functional training moves for a total body workout and maximum results. Exercise mat, water and hand towel are needed for this class. Duration: 60 mins

Bring water and exercise mat to every class. Extra mats, hand weights, and various exercise tools are available on site for your use.

INSTRUCTORS

◇Barbara Tonzini – certified Tabata Bootcamp™ trainer, personal trainer, Turbo Kick™ instructor and primary group fitness instructor with over 25 years of experience. Barbara is owner and operator of BT Fitness classes. She is an active member of Holy Cross Lutheran Church and leader of HCLC Fitness Ministry. Fully insured

◇Christine DeDomenico – certified Turbo Kick™ instructor since 2007

◇Karen Ezzo – certified in Pilates and Primary Group Fitness Instructor with over 10 years of experience

Holy Cross Lutheran Church is located at 280 Crosswicks Road, Bordentown NJ 08505 www.hclconline.org

For more information and a FREE trial class contact Barb @ 609-647-3316 or email bdaloisio@verizon.net