



JANUARY 2017 BT Group Fitness Schedule at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly Pricing: Walk-In \$10, Hclc \$8 Unlimited \$70 Punch Card: 4 classes \$32 8 classes \$60	2 6:00am BC 6:45pm CH (Country Heat)	3 5:15am PIYO 6:45pm BC	4 6:45pm TK (Turbo Kick)	5 5:15am BC 6:45pm PIYO	6 5K Friday	7 7:00 & 8:05am Power Circuit <i>14 person max per class</i>
8 Walk-Run 3 Miles	9 5:15am BC 6:45pm CH (Country Heat)	10 5:15am PIYO 6:45pm BC	11 6:45pm TK	12 5:15am BC 6:45pm PIYO	13 5K Friday	14 7:00 TBD 8:05am BootCamp
15 Walk-Run 3 Miles	16 6:00am BC 6:45pm CH rsup <i>MLK Birthday</i>	17 5:15am PIYO 6:45pm BC	18 6:45pm TK	19 5:15am BC 6:45pm PIYO	20 5K Friday	21 7:00 BYO BALL <i>14 person max per class</i> 8:05am TurboKick
22 Walk-Run 3 Miles	23 5:15am BC 6:45pm CH	24 5:15am PIYO 6:45pm BC	25 6:45pm TK	26 5:15am BC 6:45pm PIYO	27 5K Friday	28 7:00 PIYO 8:05am TurboKick
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 www.hclconline.org	30 5:15am BC 6:45pm CH	31 5:15am PIYO 6:45pm BC	2/1 6:45pm TK	2/2 5:15am BC 6:45pm PIYO	2/3 5K Friday	2/4 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