




January 2018 ~ BT Fitness at HCLC

SUNDAY	MONDAY	5-min TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2018 Monthly Pricing: Walk-In \$10 Students \$6 Unlimited \$86	1  2018	2 5:15am Group Run 6:30pm BC	3 5:15am PIYO 6:30pm TK	4 5:15am Boot Camp 6:30pm Buti-Yoga <i>Cancelled due to snow</i>	5 5:15am Boot Camp <i>make up class</i> 5K FRIDAY	6 7:15am HIIT <i>full</i> 8:15am HIIT <i>12-person max/class 5-person min</i>
Pre-paid Punch Card: <i>good for 60 days</i> 4-8 classes \$8/class 9-12 classes \$7/class	8 5:15am HIIT 6:30pm HIIT	9 5:15am Group Run 6:30pm BC	10 5:15am PIYO 6:30pm TK	11 5:15am Boot Camp 6:30pm Buti Yoga	12 TBD Guy's Group Training Challenge 5K FRIDAY	13 7:15am & 8:15am Power Circuit <i>12-person max/class 5-person min</i>
14 HCLC Isaiah Project 11:30-2:00 pm	15 5:15am HIIT 6:30pm HIIT	16 5:15am Group Run 6:30pm BC	17 5:15am PIYO 6:30pm TK	18 5:15am Boot Camp 6:30pm Buti Yoga	19 TBD Guy's Group Training Challenge 5K FRIDAY	20 7:15am PIYO 8:15am BYO BALL <i>12-person max/class 5-person min</i>
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 www.hclconline.org	22 5:15am HIIT 6:30pm HIIT	23 5:15am Group Run 6:30pm BC	24 5:15am PIYO 6:30pm TK	25 5:15am Boot Camp 6:30pm Buti Yoga	26 TBD Guy's Group Training Challenge 5K FRIDAY	27 7:15am Buti Yoga 8:15am Boot Camp <i>12-person max/class 5-person min</i>
28 HCLC Worship service 10:00 a.m.	29 5:15am HIIT 6:30pm HIIT	30 5:15am Group Run 6:30pm TK	31 5:15am PIYO Running Seminar Time: TBD p.m.	2/1 5:15am Boot Camp 6:30pm Buti Yoga	2/2 TBD Guy's Group Training Challenge 5K FRIDAY	2/3 7:15am & 8:15am Power Circuit <i>12-person max/class 5-person min</i> GNO

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