




July 2017 ~ BT Fitness Group Classes at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly Pricing: Walk-In \$10 HCLC members \$8 Student \$5 Unlimited \$84	Monthly Class Pass: 4 class pass \$32 8 class pass \$60 12 class pass \$78	Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 www.hclconline.org		6/29 5:15am BC 6:00pm Buti* <i>*rsvp 3ppl min</i>	6/30 5:15am Group Run 5K Friday	1 7:00am Boot Camp <i>signup genius outside weather permitting</i>
2 HCLC Worship service 10:00 AM	3 5:15am BC 6:30pm TK* <i>*rsvp 3ppl min</i>	4 7:30am Gilder park <i>No max~ weather permitting</i> 	5 5:15am Group Run 6:30pm CH* <i>*rsvp 3ppl min</i>	6 5:15am BC 6:30pm PIYO* <i>*rsvp 3ppl min</i>	7 5K Friday	8 7:00am Buti <i>signup genius</i>
9 HCLC Isaiah Project 11:30-2:00pm Volunteers needed	10 5:15am BC 6:30pm CH* <i>rsvp 3ppl min</i>	11 5:15am PiYo <i>*rsvp 3ppl min</i> 6:30pm BC	12 5:15am Group Run 6:30pm TK* <i>*rsvp</i>	13 5:15am Circuit 6:30pm Buti* <i>*rsvp</i>	14 5K Friday	15 7:15am Gilder park <i>No max~ weather permitting</i>
16 HCLC Worship service 10:00 AM	17 5:15am BC 6:30pm TK* <i>*rsvp</i>	18 5:15am Group Run 6:30pm BC	19 5:15am Group Run 6:30pm TK* <i>*rsvp</i>	20 5:15am BC 6:30pm BYOBall <i>*rsvp</i>	21 5:15 am Power Circuit <i>rsvp~ outside weather permitting</i>	22 7:00am Group Run
23/30 HCLC Worship service 10:00 AM	24 5:15am BC VBS NO PM CLASS 31 6:30pm CH* <i>*rsvp</i>	25 5:20-6:00am Core Blast* VBS NO PM CLASS	26 5:15am Group Run VBS NO PM CLASS	27 5:15am BC VBS NO PM CLASS	28 5K Friday	29 7:15am Gilder park <i>No max~ weather permitting</i>

All new participants must pre-register. Contact Barb Tonzini @ btonzini@comcast.net for a free trial Boot Camp class
 BC- Boot Camp / TK- Turbo Kick / CH- Country Heat / PC- Power Circuit www.hclconline.org