




July 2018 ~ BT Fitness at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2018 Monthly Pricing: Walk-In \$10 Students \$5 Unlimited \$86	2 5:15am HIIT 6:30pm CIRCUIT	3 5:15am Group Run 5:15am PIYO NO PM CLASS	 7:30AM BUTI YOGA Poss. 8:30AM	5 5:15am Boot Camp 6:30pm Turbo Kick	6 5K FRIDAY 5:15am Group Run	7 7:15am PILATES FUSION
Pre-paid Punch Card: <i>good for 60 days</i> 4-8 classes \$8/class 9-12 classes \$7/class	9 5:15am HIIT 6:30pm HIIT	10 5:15am Group Run 5:15am PIYO 6:30pm Boot Camp	11 5:15am Buti Yoga 6:30pm Bell-ates	12 5:15am Boot Camp 6:30pm Turbo Kick	13 5K FRIDAY 5:15am Group Run	14 7:15am BYO-BALL
15 HCLC Worship service 10:00 a.m.	16 5:15am HIIT 6:30pm CIRCUIT	17 5:15am Group Run NO AM CLASS 6:30pm BYO-BALL	18 5:15am PIYO 6:30pm Pilates Fusion	19 5:15am Boot Camp 6:30pm Turbo Kick	20 5K FRIDAY 5:15am Group Run	21 7:15am GILDER PARK <i>Weather permitting</i>
22 HCLC Worship service 10:00 a.m.	23 5:15am HIIT NO PM - VBS	24 5:15am Group Run 5:15am PIYO NO PM - VBS	25 5:15am Bell-ates NO PM - VBS	26 5:15am Boot Camp NO PM - VBS	27 5K FRIDAY 5:15am Group Run PM - VBS	28 7:15am Power Circuit
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505	30 5:15am Bell-ates 6:30pm PIYO	31 5:15am Group Run NO AM CLASS 6:30pm Power Circuit	8/1 5:15am PIYO 6:30pm Bell-ates	8/2 5:15am Power Circuit 6:30pm Turbo Kick	8/3 5K FRIDAY 5:15am Group Run	8/4 7:15am TBD

Contact Barb Tonzini @ btonzini@comcast.net for a FREE trial class BC- Boot Camp / TK- Turbo Kick / PC- Power Circuit
 BYO Ball – bring your own stability ball / HIIT – High Intensity Interval training <https://hclc.life/bt-fitness-ministry>