



JUNE 2018 ~ BT Fitness at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2018 Monthly Pricing: Walk-In \$10 Students \$5 Unlimited \$86	5/28 7:30 & 8:30AM Power Circuit <i>Outside weather permitting</i>	5/29 5:15am Group Run 5:15am PIYO 6:45pm Boot Camp	5/30 5:15am Buti Yoga 6:45pm TK	5/31 5:15am Boot Camp 6:45pm Pilates Fusion	1 5K FRIDAY 5:15am Group Run	2 7:15 & 8:20am BYO-BALL <i>14 max, 5 minimum</i>
Pre-paid Punch Card: <i>good for 60 days</i> 4-8 classes \$8/class 9-12 classes \$7/class	4 5:15am HIIT 6:30pm HIIT	5 5:15am Group Run 5:15am PIYO 6:30pm Boot Camp	6 5:15am Buti Yoga 6:30pm Pilates Fusion	7 5:15am Boot Camp 6:30pm Turbo Kick	8 5K FRIDAY 5:15am Group Run	9 7:15am GILDER 8:20 PIYO <i>5-person min</i>
10 HCLC Worship service 10:00 a.m.	11 5:15am HIIT 6:30pm HIIT	12 5:15am Group Run 5:15am PIYO 6:30pm BYO-BALL	13 5:15am Buti Yoga 6:30pm Bell-ates	14 5:15am BC 6:30pm Turbo Kick	15 5K FRIDAY 5:15am Group Run	16 7:15am Buti Yoga 8:20am Power Circuit <i>5-person min</i>
17 HCLC Worship service 10:00 a.m.	18 5:15am HIIT 6:30pm HIIT	19 5:15am Group Run 5:15am PIYO 6:30pm Boot Camp	20 5:15am Buti Yoga 6:30pm Pilates Fusion	21 5:15am Boot Camp 6:30pm Turbo Kick	22 5K FRIDAY 5:15am Group Run	23 7:15am GILDER PARK <i>Weather permitting</i>
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505	25 5:15am HIIT 6:30pm HIIT	26 5:15am Group Run 5:15am PIYO 6:30pm BYO-BALL	27 5:15am Buti Yoga 6:30pm PIYO	28 5:15am Boot Camp 6:30pm Turbo Kick	29 5K FRIDAY 5:15am Group Run	30 7:15am Buti 8:20am Bell-ates <i>5-person min</i>

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>