



# March 2018 ~ BT Fitness at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2018 Monthly Pricing:</b> Walk-In \$10 Students \$6 Unlimited \$86	2/26 5:15am HIIT 6:30pm HIIT	2/27 5:15am Group Run 5:15am PIYO <sup>VF</sup> 6:30pm BC	2/28 5:15am Buti Yoga 6:30pm TK	<b>1</b> 5:15am Boot Camp 6:30pm Buti Yoga	<b>2</b> 5K FRIDAY 5:15am Group Run	<b>3</b> 7:15am HIIT 8:00 Pilates Fusion DEMO-Rose Giovannetti 8:20am HIIT 14-person max
<b>Pre-paid Punch Card:</b> <i>good for 60 days</i> 4-8 classes \$8/class 9-12 classes \$7/class	<b>5</b> 5:15am HIIT 6:30pm HIIT	<b>6</b> 5:15am Group Run 5:15am PIYO <sup>VF</sup> 6:30pm BC	<b>7</b> 5:15am Buti Yoga 6:30pm TK	<b>8</b> 5:15am Boot Camp <b>6:30pm Pilates Fusion</b> <sup>RG</sup>	<b>9</b> 5K FRIDAY 5:15am Group Run	<b>10</b> 7:15am Buti Yoga 8:20am PIYO 14-person max 5-person min
<b>11</b> HCLC Isaiah Project 11:30-1:30 pm	<b>12</b> 5:15am HIIT 6:30pm HIIT	<b>13</b> 5:15am Group Run 5:15am PIYO <sup>VF</sup> 6:30pm BC	<b>14</b> 5:15am Buti Yoga 6:30pm TK <sup>BT</sup>	<b>15</b> 5:15am Boot Camp 6:30pm PIYO	<b>16</b> 5K FRIDAY 5:15am Group Run	<b>17</b> 7:15am Buti Yoga <b>Bordentown St. Patty's Day 5K</b>
<b>18</b> HCLC Worship service 10:00 a.m.	<b>19</b> 5:15am HIIT 6:30pm HIIT	<b>20</b> 5:15am Group Run 5:15am PIYO <sup>VF</sup> 6:30pm BC	<b>21</b> 5:15am Buti Yoga 6:30pm TK	<b>22</b> 5:15am Boot Camp <b>6:30pm Pilates Fusion</b> <sup>RG</sup>	<b>23</b> 5K FRIDAY 5:15am Group Run	<b>24</b> 7:15 & 8:20 am Power Circuit 12-person max 5-person min
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 <a href="http://www.hclconline.org">www.hclconline.org</a>	<b>26</b> 5:15am HIIT 6:30pm HIIT	<b>27</b> 5:15am Group Run 5:15am PIYO <sup>VF</sup> 6:30pm BC	<b>28</b> 5:15am Buti Yoga 6:30pm TK	<b>29</b> 5:15am Boot Camp <i>Maundy Thursday 6PM</i> <b>NO PM CLASS</b>	<b>30</b> 5K FRIDAY 5:15am Group Run	<b>31</b> 7:15am GILDER PARK 8:00am <b>Pilates Fusion</b> <sup>RG</sup> 5-person min

Contact Barb Tonzini @ [btonzini@comcast.net](mailto: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](http://www.hclconline.org/fitnessministry)