



MAY 2018 ~ BT Fitness at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2018 Monthly Pricing: Walk-In \$10 Students \$5 Unlimited \$86	4/30 5:15am HIIT 6:30pm HIIT	1 5:15am Group Run 5:15am PIYO 6:45pm Boot Camp	2 5:15am Pilates Fusion 6:45pm TK	3 5:15am Boot Camp 6:45pm Pilates Fusion	4 5K FRIDAY 5:15am Group Run	5 7:15am BUTI 8:20am POWER CIRCUIT <i>5-person min</i>
Pre-paid Punch Card: <i>good for 60 days</i> 4-8 classes \$8/class 9-12 classes \$7/class	7 5:15am HIIT 6:30pm Circuit	8 5:15am Group Run 5:15am PIYO 6:45pm BYO-BALL	9 5:15am Buti Yoga 6:45pm TK	10 5:15am Boot Camp 6:45pm Pilates Fusion	11 5K FRIDAY 5:15am Group Run	12 7:15am GILDER 7:30 Pilates Fusion <i>5-person min</i>
13 HCLC Worship service 10:00 a.m.	14 5:15am HIIT 6:45pm Circuit	15 5:15am Group Run 5:15am PIYO 6:45pm BC	16 5:15am Buti Yoga 6:45pm TK	17 5:15am BC 6:45pm PIYO	18 5K FRIDAY 5:15am Group Run	11 7:15am BUTI 8:20am PIYO <i>5-person min</i>
20 HCLC Worship service 10:00 a.m.	21 5:15am HIIT 6:45pm Circuit	22 5:15am Group Run 5:15am PIYO 6:45pm BYO-BALL	23 5:15am Buti Yoga 6:30pm TK	24 5:15am Boot Camp 6:45pm @ BUTI & Brew	25 5K FRIDAY 5:15am Group Run	26 7:15am GILDER 7:30am Pilates Fusion <i>5-person min</i>
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 www.hclconline.org	28 7:30AM Power Circuit <i>Outside weather permitting</i>	29 5:15am Group Run 5:15am PIYO 6:45pm BC	30 5:15am Buti Yoga 6:45pm TK	31 5:15am Boot Camp 6:45pm Pilates Fusion	6/1 5K FRIDAY 5:15am Group Run	6/2 7:15 & 8:20am BYO-BALL <i>12 max, 5 minimum</i>

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