



May 2017 BT Group Fitness Schedule at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly Pricing: Walk-In \$10 HCLC members \$8 Student \$5 Unlimited \$84	1 5:15am BC 6:30pm CH	2 5:15am PIYO* <i>*rsvp</i> 6:30pm BC	3 6:30pm TK	4 5:15am BC 6:30pm PIYO* <i>*rsvp</i>	5 5K Friday	6 7:00 & 8:05am Power Circuit <i>*14 max ~ outside weather permitting</i>
Class Pass: 4 class pass \$32 8 class pass \$60 12 class pass \$78	8 5:15am BC 6:30pm CH	9 5:15am Buti* <i>rsvp</i> 6:30pm BC	10 6:30pm TK	11 5:15am BC 6:30pm PIYO* <i>*rsvp</i>	12 5K Friday	13 7:00-8:30am BYO BALL & BLAST <i>*14 max</i> 8-8:35am Cardio Blast <i>*rsvp</i>
14 HAPPY MOTHER'S DAY	15 5:15am BC 6:30pm TK	16 5:15am PIYO* <i>*rsvp</i> 6:30pm BC	17 6:30pm TK	18 5:15am BC 6:30pm PIYO* <i>*rsvp</i>	19 7:00pm Ladies Night @ HCLC Cost \$20 \$15 unlimited members	20 7:30am Gilder park <i>No max~ weather permitting</i>
21 2-3 Mile Walk DIY	22 5:15am BC 6:30pm CH	23 5:15am Buti* <i>rsvp</i> 6:15pm BC Express* <i>rsvp</i>	24 6:30pm TK	25 5:15am BC 6:30pm PIYO* <i>*rsvp</i>	26 5K Friday	27 7:00 & 8:05am Power Circuit <i>*14 max ~ outside weather permitting</i>
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 www.hclconline.org	29 Memorial Day 7:00-8:30am BYO BALL & BLAST <i>*rsvp*outside weather permitting</i> NO PM CLASS	30 5:15am PIYO* <i>*rsvp</i> 6:30pm BC	31 6:30pm TK	6/1 5:15am BC 6:30pm PIYO* <i>*rsvp</i>	6/2 5K Friday	6/3 7:00am Buti 8:05am TK* <i>rsvp</i>

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