



NOVEMBER 2016 BT Group Fitness Schedule at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Effective Sept 2016 Monthly Pricing: Walk-In \$10 Unlimited \$70 8wk Punch Card: 8 classes \$56</p>	<p>10/31 5:15am PIYO No Turbo Kick Halloween</p>	<p>1 5:15am BC 6:45pm BC</p>	<p>2 6:45pm TK</p>	<p>3 5:15am BC 6:45pm PIYO</p>	<p>4 5K /5 Mile DIY</p>	<p>5 7:00am BALL <i>BYOB</i> 8:05 Country Heat <i>Rsvp</i></p>
<p>6 Walk-Run 3 Miles</p>	<p>7 5:15am BC 6-8pm Open House Demo classes: 6:00 BC; 6:30 CH; 7:00 PiYo; 7:30 TK</p>	<p>8 5:15am PIYO 6:45pm BC</p>	<p>9 6:45pm TK</p>	<p>10 5:15am BC 6:45pm PIYO</p>	<p>11 5K /5 Mile DIY</p>	<p>12 7:00am Power Circuit</p>
<p>13 Walk-Run 3 Miles</p>	<p>14 5:15am BALL 6:45pm (CH) Country Heat</p>	<p>15 5:15am PIYO 6:45pm BC</p>	<p>16 6:45pm TK <i>New Round</i></p>	<p>17 5:15am BC 6:45pm PIYO</p>	<p>18 5K /5 Mile DIY</p>	<p>19 7:00 Boot Camp 8:05am <i>RSVP</i> TurboKick Turkey Trot 5K</p>
<p>20 <i>Beauty with Barb 2:00 - 4:30 p.m. 3 Vincent Ct Featuring nutrition and beauty products by Arbonne</i></p>	<p>21 5:15am BC 6:45pm CH</p>	<p>22 5:15am PIYO 6:45pm BC</p>	<p>23 HAPPY THANKSGIVING No p.m. TK</p>	<p>24 5th Annual Thanksgiving Day Workouts 6 a.m. Boot Camp 7 a.m. Power Circuit Fundraiser</p>	<p>25 5K /5 Mile DIY</p>	<p>26 7:30am <i>RSVP</i> GILDER PARK <i>Weather permitting</i></p>
<p>Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 www.hclconline.org</p>	<p>28 5:15am BC 6:45pm CH</p>	<p>29 5:15am PIYO 6:45pm BC</p>	<p>30 6:45pm TK</p>	<p>12/1 5:15am BC 6:45pm PIYO</p>	<p>12/2 5K /5 Mile DIY</p>	<p>12/3 7:00 a.m. BALL 8:05 a.m. <i>RSVP</i> TurboKick</p>

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