



November 2017 ~ BT Fitness at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly Pricing: Walk-In \$10 HCLC members \$8 Student \$5 Unlimited \$84	10/30 5:15am BC 6:30pm HIIT	10/31 5:15am Group Run 6:30pm BC	1 5:15am PIYO _{VF} 6:30pm TK	2 5:15am Boot Camp 6:30pm PIYO	3 5K FRIDAY	4 7:15am BYO Ball
Monthly Class Pass: 4 class pass \$32 8 class pass \$60 12 class pass \$78	6 5:15am PIYO _{VF} 6:30pm HIIT	7 5:15am Group Run 6:30pm BC	8 5:15am HIIT 6:30pm TK	9 5:15am Boot Camp 6:30pm PIYO	10 5K FRIDAY	11 7:15am Buti Yoga
12 HCLC Worship service 10:00 AM	13 5:15am BC 6:30pm HIIT	14 5:15am Group Run 6:30pm BC	15 5:15am Buti Yoga 6:30pm TK	16 5:15am Boot Camp 6:30pm Buti Yoga	17 5K FRIDAY	18 7:15am @Gilder Park <i>Weather permitting</i>
19 HCLC Worship service 10:00 AM	20 5:15am BC 6:30pm TK _{CD}	21 5:15am Group Run 6:30pm HIIT	22 5:15am Buti Yoga NO p.m. TK HCLC Thanksgiving Eve Soup 6:00/Service 7:00pm	23 6 th Annual Thanksgiving Day Workouts 6:30 a.m. HIIT 7:30 a.m. HIIT Fundraiser	24 5K FRIDAY	25 7:15am Boot Camp
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 www.hclconline.org	27 5:15am BC 6:30pm HIIT	28 5:15am Group Run 6:30pm BC	29 5:15am PIYO _{SB} 6:30pm TK	30 5:15am BYO Ball 6:30pm Buti Yoga	12/1 5K FRIDAY	12/2 7:15am Buti Yoga

Contact Barb Tonzini @ btonzini@comcast.net for a free trial Boot Camp class BC- Boot Camp / TK- Turbo Kick / BYO Ball – bring your own stability ball / PC- Power Circuit / HIIT – High Intensity Interval training www.hclconline.org/fitnessministry