



October 2017 ~ BT Fitness at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly Pricing: Walk-In \$10 HCLC members \$8 Student \$5 Unlimited \$84	2 5:15am BC NO PM Class HCLC Preschool B-T-S-N	3 5:15am Group Run 6:30pm BC	4 5:15am PIYO 6:30pm TK	5 5:15am Boot Camp 6:30pm Buti Yoga	6 5K FRIDAY	7 7:15am Gilder Park <i>weather permitting</i>
Monthly Class Pass: 4 class pass \$32 8 class pass \$60 12 class pass \$78	9 5:15am BC 6:30pm HIIT	10 5:15am Group Run 6:30pm BC	11 5:15am PIYO 6:30pm TK	12 5:15am Boot Camp 6:30pm Buti Yoga	13 5K FRIDAY	14 7:15am BYO Ball
15 HCLC Worship service 10:00 AM	16 5:15am BC 6:30pm HIIT	17 5:15am Group Run 6:30pm BC	18 5:15am PIYO 6:30pm TK	19 5:15am Boot Camp 6:30pm Buti Yoga	20 5K FRIDAY	21 7:15am Buti Yoga
22 HCLC Worship service 10:00 AM	23 5:15am BC 6:30pm HIIT	24 5:15am Group Run 6:30pm Buti Yoga	25 5:15am Buti Yoga 6:30pm TK	26 5:15am Boot Camp 6:30pm BYO Ball	27 5K FRIDAY	28 7:15am Gilder Park <i>weather permitting</i> HCLC Fall Festival & Trunk or Treat 5-8pm
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 www.hclconline.org	30 5:15am BC 6:30pm HIIT	31 5:15am Group Run NO PM Class Happy Halloween	11/1 5:15am PIYO 6:30pm TK	11/2 5:15am Boot Camp 6:30pm TBD	11/3 5K FRIDAY	11/4 7:15am Boot Camp

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