



## HCLC FITNESS MINISTRY

PRESENTS

# BT FITNESS OPEN HOUSE

Monday, Nov. 7<sup>TH</sup> 6:00 – 8:00 pm

Holy Cross Lutheran Church 280 Crosswicks Road, Bordentown NJ 08505

Free demo workouts ~ Door Prizes ~ refreshments and more  
Meet the instructors: Barb, Christine and Sara, plus our fabulous fitness family!



### Demo class schedule:

6:00 p.m. Boot Camp with Barb Tonzini

6:30 p.m. Introducing Country Heat™ Live with Sara Beauchemin

7:00 p.m. PiYo™ with Sara

7:30 p.m. Turbo Kick™ with Christine DeDomenico

**Boot Camp** ~ a total body conditioning workout, incorporating cardiovascular and muscular strength exercises. Functional movements like planks, push-ups and squats are performed using weights, body weight and a variety of exercise tools, constantly challenging your muscles in different ways. Lose weight; build strong lean muscle, target your trouble areas, fire up your metabolism and get maximum results!

**Turbo Kick™** ~ a choreographed kickboxing class that mixes simple dance moves with music that makes you want to move while burning up to 1000 calories in one hour!

**PiYo™** ~ combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**Country Heat™ LIVE** is the high-energy, low-impact, country dance-inspired workout that's so much fun you'll barely notice you're getting a total-body workout as you work up a sweat. This low-impact workout is perfect for all fitness levels, so step right in and have a blast dancing nonstop to the hottest country hits.

ARE YOU READY FOR RESULTS? Feel energized and refreshed with a new workout regimen. Release stress, torch fat and calories; become stronger, toned and inspired with motivating workouts and inspirational friends...YES YOU CAN!

For more information contact Barb Tonzini @ [BTFitness@comcast.net](mailto:BTFitness@comcast.net) ~ monthly schedule [www.hclconline.org](http://www.hclconline.org)