



SEPTEMBER 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>8/29 5:15am PIYO 6:45pm* TK <i>*RSVP BT</i></p>	<p>8/30 6:45pm PIYO</p>	<p>8/31 5:15am BC 6:45pm TK</p>	<p>1 5:15am PIYO 6:45pm BC</p>	<p>2 5K /5 Mile DIY</p>	<p>3 7:00 & 8:05am BOOT CAMP</p>
<p>4 Walk-Run 3 Miles</p>	<p>5 Labor Day 7:30am GILDER <i>*rsvp*</i> No Turbo Kick</p>	<p>6 6:45pm PIYO</p>	<p>7 5:15am BC 6:45pm TK</p>	<p>8 5:15am BALL 6:45pm BC</p>	<p>9 5K /5 Mile DIY</p>	<p>10 SB 7:00 & 8:05am PIYO <i>Rsvp</i></p>
<p>11 Walk-Run 3 Miles</p>	<p>12 5:15am BC 6:45pm TK</p>	<p>13 6:45pm BC</p>	<p>14 5:15am PIYO 6:45pm TK</p>	<p>15 5:15am BC 6:45pm PIYO</p>	<p>16 5K /5 Mile DIY</p>	<p>17 7:00 & 8:05am GILDER <i>Weather permitting</i></p>
<p>18 Walk-Run 3 Miles</p>	<p>19 5:15am BC 6:45pm TK</p>	<p>20 6:45pm BC</p>	<p>21 5:15am PIYO 6:45pm TK</p>	<p>22 5:15am BC 6:45pm PIYO</p>	<p>23 5K /5 Mile DIY</p>	<p>24 7:00 & 8:05am Power Circuit</p>
<p>Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 www.hclconline.org</p>	<p>26 5:15am BC 6:45pm TK</p>	<p>27 6:45pm BC</p>	<p>28 5:15am PIYO 6:45pm TK</p>	<p>29 5:15am BC 6:45pm PIYO</p>	<p>30 5K /5 Mile DIY</p>	<p>10/1 7:00 Boot Camp 8:05 Turbo Kick <i>Rsvp TK</i></p>

BC-Boot Camp / All new participants must pre-register. Contact Barb Tonzini @ bdaloisio@verizon.net for a free trial class