



# September 2017 ~ BT Fitness at HCLC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Monthly Pricing:</b> Walk-In \$10 HCLC members \$8 Student \$5 Unlimited \$84	8/28 5:15am BC  6:30pm What is Buti? 6:45pm Buti Yoga	8/29 5:15am PIYO <i>*rsvp 3ppl min</i> 6:30pm BC Basics 6:45pm Boot Camp	8/30 5:15am Group Run  6:30pm Intro to TK 6:45pm Turbo Kick	8/31 5:15am BC  6:30pm PiYo Demo 6:45pm PiYo	<b>1</b> 5K FRIDAY Aug Challenge ~ Last day ~	<b>2</b> 7:15am BYOBall & Blast <b>HCLC Fitness Celebration 2:00 pm</b> <b>3 Vincent Court</b>
<b>Monthly Class Pass:</b> 4 class pass \$32 8 class pass \$60 12 class pass \$78	<b>4</b> 7:00am PIYO 8:00am Circuit <b>Labor Day NO PM class</b>	<b>5</b> 5:15am Group Run  6:30pm Buti Yoga	<b>6</b> 5:15am Buti Yoga  6:30pm TK	<b>7</b> 5:15am Boot Camp  6:30pm BYOBall	<b>8</b> 5K FRIDAY	<b>9</b> <b>7:00am</b> Gilder Park <i>weather permitting</i> BSCA Opening Day
<b>10</b> HCLC Isaiah Project 11:30-2:00pm <b>Volunteers needed</b>	<b>11</b> 5:15am BC 6:30pm CH	<b>12</b> 5:15am Group Run  6:30pm BC	<b>13</b> 5:15am Buti Yoga  6:30pm TK	<b>14</b> 5:15am Boot Camp  6:30pm PIYO	<b>15</b> 5K FRIDAY	<b>16</b> 7:15am Power Circuit
<b>17</b> HCLC Worship service 10:00 AM	<b>18</b> 5:15am BC 6:30pm CH	<b>19</b> 5:15am Group Run  6:30pm BC	<b>20</b> 5:15am PIYO  6:30pm TK	<b>21</b> 5:15am Boot Camp  6:30pm Buti Yoga	<b>22</b> 5K FRIDAY	<b>23</b> 7:15am Buti Yoga
Classes are held at: Holy Cross Lutheran Church & Preschool 280 Crosswicks Rd B'town NJ 08505 <a href="http://www.hclconline.org">www.hclconline.org</a>	<b>25</b> 5:15am BC 6:30pm PIYO	<b>26</b> 5:15am Group Run  6:30pm Buti Yoga	<b>27</b> 5:15am PIYO  6:30pm TK	<b>28</b> 5:15am Boot Camp  6:30pm BC	<b>29</b> 5K FRIDAY <b>Buti Glo Event</b> <b>7:30-9pm</b> Edge Dance Studio Lumberton	<b>30</b> 7:15am Power Circuit

Contact Barb Tonzini @ [btonzini@comcast.net](mailto:btonzini@comcast.net) for a free trial Boot Camp class BC- Boot Camp / TK- Turbo Kick / CH- Country Heat / PC- Power Circuit [www.hclconline.org](http://www.hclconline.org)