

ESC 2009 GROUP EXERCISE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	GROUP POWER 5:45 AM JERIE		GROUP POWER 5:45 AM JERIE		GROUP POWER 5:45 AM VANESSA	
	Catch Your Breath 8:15 AM JERIE	Sculpt 'N Cardio 8:30 AM BARBIE	Catch Your Breath 8:15 AM JERIE	Sculpt 'N Cardio 8:30 AM BARBIE		GROUP POWER 8:15 AM BARBIE
	<u>TURBOFORCE!</u> (Dance room) 8:30 AM Barbie	YOGA/PILATES (Dance Room) 8:30 AM JENI	YOGA/PILATES (Dance room) 8:30 AM BARBIE	YOGA/PILATES (Dance room) 8:30 AM JENI	<u>TURBOFORCE!</u> 8:30 AM BARBIE	RETRO-CARDIO 4:25 PM Julie
	GROUP POWER 9:15 AM MICHELE	GROUP STEP 9:20 AM SHERYL	GROUP POWER 9:15 AM BARBIE	GROUP STEP 9:20 AM BARBIE	GROUP POWER 9:30 AM SHERYL	
	YOGA/PILATES (Dance room) 9:30 AM TIFFANY				YOGA/PILATES (Dance room) 9:30 AM BARBIE	
	SILVERSNEAKERS	SILVERSNEAKERS YogaStretch 10:30 AM BARBIE OR NITA	SILVERSNEAKERS Muscular Strength 10:30 AM BARBIE&NITA	SILVERSNEAKERS Cardio Circuit 10:30 AM JULIE	SILVERSNEAKERS Cardio Circuit 10:45 AM Nita	
		GROUP POWER 12:00 PM SHERYL		GROUP POWER 12:00 PM BARBIE		
		GROUP POWER 4:25 PM MICHELE	RETRO-CARDIO 4:25 PM Julie	GROUP POWER 4:25 PM MICHELE		
		<u>TURBOFORCE!</u> 5:35 PM KAY	GROUP STEP 5:35 PM KATHIE	CARDIO-BLAST! 5:35 PM KATHIE		
		GROUP STEP 6:45 PM KATHIE	*YOGAPILATES 6:45 PM Jeni	GROUP POWER 6:45 PM VANESSA		

Begins January 2nd, 2009

[TurboFORCE!](#)

Retro-Cardio

Yoga/Pilates



CardioBLAST!

Sculpt 'N Cardio

Catch Your Breath

Begins January 2nd, 2009