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Winter Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15am		Walk With POWER <small>www.walkwithpower.com</small>  & <i>Power Sculpt</i>		Walk With POWER <small>www.walkwithpower.com</small>  & <i>Power Sculpt</i>	
6:00pm	Walk With POWER <small>www.walkwithpower.com</small>  & <i>Power Sculpt</i>		Walk With POWER <small>www.walkwithpower.com</small>  & <i>Power Sculpt</i>		

Class Duration: 60 minutes

Bring to Class: Water, Yoga Mat & Dumbbells (5lbs recommended)

Locations:

9:15am Classes: Arroyo Park, Yorba Linda

20994 Yorba Linda Blvd (Between Yorba Ranch & San Antonio next to Fire Station)

6:00pm Classes: Eastside Park, Yorba Linda

Eastside Circle (Park at the top of Eastside Circle. Take Yorba Linda to New River, turn left onto Esperanza, sign for Eastside Park will be on your left.)