



Make your health a habit. ESC Health Central

# Burn Off Those Holiday Calories



## Pilates

Central Office - Tuesday

Delaware Area Career Center - Wednesday

Pilates focuses on core stabilization, strength, stamina and flow in the body. Participants will learn to active their core through both exercise and functional movement for high protection of the spine.

## Other Fitness Class Options



**Thursday**

Central Office

Yoga

All classes are from 4:45-5:30 p.m.