



EAST ROCHESTER ENERGY SYSTEM TRAINING SCHEDULE

435 W Commercial Street | East Rochester, NY 14445 | 585.248.2777

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00am-6:30am		6:00am-6:30am		6:00am-6:30am	
8:30am-9:00am						
	9:00am-9:30am		9:00am-9:30am		9:00am-9:30am	9:00am-9:30am
						9:45am-10:15am
		12:00pm-12:30pm		12:00pm-12:30pm		
		5:30pm-6:00pm		5:30pm-6:00pm		
		6:00pm-6:30pm		6:00pm-6:30pm		

Power Train Energy Systems Training program will give you focused attention on your individual needs to give the results-based training that is the hallmark of Power Train. Power Train Energy Systems Training will focus on total body movement with less repetitive heavy impact from machine exercise and will have smaller training group sizes to give you more individual attention.

Class times are subject to change.