

SEPTEMBER 9 TO OCTOBER 16

6 Weeks | 12 Episodes



ESSENTRICS® TV

NEW LIMITED SERIES

TVGUIDE

ESSENTRICS®

TV GUIDE

WEEK ONE

MONDAY

9 SEPTEMBER

6:00AM EDT

DISCOVERY VIDEO: FULL BODY TONING

Discover the power of *strength in length* and its many benefits, and hear inspiring testimonies from our Essentrics TV members.

7:00 AM EDT

FULL BODY TONING WITH SAHRA ESMONDE-WHITE

Start your day with this quick 23 minute all standing toning workout with Sahra to make you feel stronger, longer and leaner.

WEDNESDAY

11 SEPTEMBER

6:00AM EDT

DISCOVERY VIDEO: CONNECTIVE TISSUE

Learn about the essential role that connective tissue plays in your overall health, strength and longevity, and why it is so important to keep healthy and hydrated in this empowering discovery video.

7:00 AM EDT

CONNECTIVE TISSUE WITH MIRANDA ESMONDE-WHITE

Join Miranda Esmonde-White with this slow-paced workout to keep your connective tissue healthy and resilient, ensuring that you move with ease for years to come.

WEEK TWO

MONDAY

16 SEPTEMBER

6:00AM EDT

DISCOVERY VIDEO: ENERGY BOOST

Find out why Essentrics leaves you feeling so energized after a workout and view heartwarming member testimonials.

7:00 AM EDT

ENERGY BOOST WITH MAUDE DESJARDINS

Experience a full-body workout with Maude that's designed to move your joints through their full range of motion and leave you feeling revitalized from head to toe.

WEDNESDAY

18 SEPTEMBER

6:00AM EDT

DISCOVERY VIDEO: STRESS RELIEF

In this video, members share how Essentrics has transformed their lives through mindful movements that reduce stress, relax the body and calm the mind.

7:00 AM EDT

STRESS RELIEF WITH ELLYN OCHS

Join Ellyn for a revitalizing workout with gentle movements that release tension, calm your nervous system and build strength & flexibility while enhancing your overall well-being.

Click on the **time** (6:00 AM or 7:00 AM) to be redirected to your workout or discovery video.

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WEEK THREE

MONDAY

23 SEPTEMBER

6:00AM EDT

DISCOVERY VIDEO: POSTURE & CORE

Listen to inspirational, transformative stories of members who have improved their core strength and posture, leading to better movement & lasting, pain-free results.

7:00 AM EDT

POSTURE & CORE WITH DYAN DECASTRO

Improving your posture and strengthening your core are key components for healthy aging & overall vitality. Join Dyan for this full body workout to feel longer, looser and energized.

WEDNESDAY

25 SEPTEMBER

6:00AM EDT

DISCOVERY VIDEO: BACK PAIN RELIEF

In this video, learn why Essentrics can relieve debilitating back pain and hear others share how their lives have dramatically improved.

7:00 AM EDT

BACK PAIN RELIEF WITH MIRANDA ESMONDE-WHITE

Join Miranda for a 23-minute gentle, therapeutic workout designed to alleviate back pain attacks and relieve tension throughout your entire body. The slow and intentional movements will work to minimize discomfort while leaving you feeling freer, lighter and more relaxed.

WEEK FOUR

MONDAY

30 SEPTEMBER

6:00AM EDT

DISCOVERY VIDEO: BONE STRENGTH

Learn why Essentrics promotes musculoskeletal health & strengthens bones in this video, that also features members who have regained height and improved bone density.

7:00 AM EDT

BONE STRENGTH WITH GAIL GARCEAU

Stimulate bone density, strength and healing with Gail's rejuvenating workout that combines weight-bearing exercises and full body movements.

WEDNESDAY

2 OCTOBER

6:00AM EDT

DISCOVERY VIDEO: AGING BACKWARDS

In this discovery video, members talk about the life-changing benefits of Essentrics, proving that it's never too late to reclaim the activities you love and live a vibrant, pain-free life.

7:00 AM EDT

AGING BACKWARDS WITH DYAN DECASTRO

Dyan's 23-minute energy-boosting workout is designed to move you through your body's full range of motion - helping you stay active, strong, and full of vitality for years to come.

Click on the **time** (6:00 AM or 7:00 AM) to be redirected to your workout or discovery video.

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WEEK FIVE

MONDAY

7 OCTOBER

6:00AM EDT

DISCOVERY VIDEO: AGILITY & POWER

Watch this video to discover how Essentrics enhances power, performance & agility even as we age, and hear from members who continue enjoying activities they love—pain-free.

7:00 AM EDT

AGILITY & POWER WITH ELLYN OCHS

Boost agility and power with Ellyn to maximize your sports activities. The dynamic stretching will improve strength, flexibility and minimize your risk of injury.

WEDNESDAY

9 OCTOBER

6:00AM EDT

DISCOVERY VIDEO: SCIATICA PAIN RELIEF

Discover how members have transformed their lives by overcoming sciatic pain in just 23 minutes a day through these inspiring testimonials!

7:00 AM EDT

SCIATICA PAIN RELIEF WITH MIRANDA ESMONDE-WHITE

Join Miranda to accelerate the healing process and relieve sciatic pain with this rehabilitative workout that will rebalance your full body musculature, so you can feel renewed freedom in movement.

WEEK SIX

MONDAY

14 OCTOBER

6:00AM EDT

DISCOVERY VIDEO: LOW IMPACT CARDIO

Featuring member testimonials, watch this discovery video to learn why the dynamic, flowing movements of Essentrics promote heart health and overall well-being.

7:00 AM EDT

LOW IMPACT CARDIO WORKOUT WITH SAHRA ESMONDE-WHITE

Enhance overall cardiovascular health with Sahra as she guides you to boost your circulation and improve your VO2 max – delivering the benefits of a heart-pumping cardio session without the strain on your joints.

WEDNESDAY

16 OCTOBER

6:00AM EDT

DISCOVERY VIDEO: RESHAPE YOUR FASCIA

Learn about fascia and discover how keeping it healthy can enhance your flexibility, reduce pain, and leave you feeling rejuvenated.

7:00 AM EDT

RESHAPE YOUR FASCIA WITH GAIL GARCEAU

Join Gail for a slow, deliberate workout that will liberate your fascia– giving you a more youthful rebalanced and flexible body!

Click on the **time** (6:00 AM or 7:00 AM) to be redirected to your workout or discovery video.