

## **Channel 972 Fitness Center Workout Videos**

### **Smart & Fit**

#### **8 AM Daily**

- Monday – Sarah (Chair – Swimming theme)
- Tuesday – Sylvia (Chair – Slow, controlled movement theme)
- Wednesday – Sarah (Chair – Swimming theme)
- Thursday – Teresa I (Chair – Balance)
- Friday – Sylvia (Chair – Slow, controlled movement theme)
- Saturday – Teresa II (Chair – Making shapes)
- Sunday – Paula (Chair – Musical instrument theme)

### **Shaping Up**

#### **9 AM Daily**

- Monday – Shaping Up 1 (Teresa, Sylvia & Paula – Bands & Weights)
- Tuesday – Shaping Up 2 (Sylvia & Paula – Yoga & Stretch)
- Wednesday – Shaping Up 3 (Teresa, Sylvia & Paula – Upper & Lower Body Strength)
- Thursday – Shaping Up 4 (Teresa, Sylvia & Paula – Stomach & Back)
- Friday – Shaping Up Smart & Fit Class (Teresa -Chair)
- Saturday – Shaping Up 3 (Teresa, Sylvia & Paula – Upper & Lower Body Strength)
- Sunday – Shaping Up Smart & Fit Class (Teresa - Chair)

### **Virtual Workout**

#### **11:30 AM Monday - Friday**

- Monday – Sylvia - Yoga
- Tuesday – Teresa - Aerobics
- Wednesday – Shawn - Back & Chest
- Thursday – Sylvia - Chair Yoga
- Friday – Teresa - Strength Training

### **Smart & Fit**

#### **1:30 PM Monday – Friday**

- Monday – Sylvia (Chair – Slow, controlled movement theme)
- Tuesday – Teresa II (Chair – Making shapes)
- Wednesday – Teresa I (Chair – Balance)
- Thursday – Sylvia (Chair – Slow, controlled movement theme)
- Friday – Teresa II (Chair – Making shapes)

### **Smart & Fit**

#### **6 PM Daily**

- Monday – Paula (Chair – Musical instrument theme)
- Tuesday – Sarah (Chair – Swimming theme)
- Wednesday – Sylvia (Chair – Slow, controlled movement theme)
- Thursday – Teresa II (Chair – Making shapes)
- Friday – Sarah (Chair – Swimming theme)
- Saturday – Sylvia (Chair – Slow, controlled movement theme)
- Sunday - Teresa I (Chair – Balance)