

ET	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
9:00 AM	Morning Yoga & Stretch	Balance Training	Morning Yoga & Stretch	Balance Training	Morning Yoga & Stretch	<p>Did you miss a weekday class?</p> <p>Please check your UniTV weekend schedule to view a selection of class recordings.</p> <div style="border: 2px solid black; padding: 5px; margin-top: 10px;"> <p>Fitness</p> <p>Expand Your Knowledge</p> <p>Discussion</p> <p>Recorded Content</p> </div>
10:00 AM	Body Moves for Better Health	Steady Strides 4 Fall Prevention	Body Balance	Body Moves for Better Health	Body Moves for Better Health	
11:00 AM	Lunch and Learn Videos	Lunch and Learn Videos	Lunch and Learn Videos	Lunch and Learn Videos	Fridays with Barry	
12:00 PM					Name that Tune and Trivia	
1:00 PM	Coffee Chat	Coffee Chat	Coffee Chat	Coffee Chat	Coffee Chat	
2:00 PM	Body Strong	Gentle Fit	Uniper Walking Club	Body Fit	Seated Strength & Stretch	
3:00 PM	Senior Savvy Technology Class	Travel the World	Road Trip Across the USA	Wise Ties: Strengthening Communication	In the Kitchen: Cooking Demos	
4:00 PM	Brain Teasers & Trivia	Trivia Legends	Brain Teasers & Trivia	Jeopardy	Brain Teasers & Trivia	
5:00 PM	Decades of Sounds	The Stories Behind the Songs	Golden Moments of Gratitude	Reminiscing for Joy and Health	Aloha Friday: Mindfulness Meditations	
6:00 PM	Mindful Movement	Gentle Chair Yoga	Mindful Movement	Gentle Chair Yoga	Chair Pilates and Healing Frequencies	
7:00 PM	Evening Videos	Evening Videos	Evening Videos	Evening Videos	Evening Videos	
8:00 PM						

December
2024



*This Schedule Is Subject To Change, Please See Your UniTV Schedule For The Latest Programming.