

CT

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday & Sunday

8:00 AM

Morning Yoga & Stretch

Balance Training

Morning Yoga & Stretch

Balance Training

Morning Yoga & Stretch

9:00 AM

Body Moves for Better Health

Steady Strides 4 Fall Prevention

Body Balance

Body Moves for Better Health

Body Moves for Better Health

10:00 AM

Lunch and Learn Videos

Lunch and Learn Videos

Lunch and Learn Videos

Lunch and Learn Videos

Fridays with Barry

11:00 AM

Lunch and Learn Videos

Lunch and Learn Videos

Lunch and Learn Videos

Lunch and Learn Videos

Name that Tune and Trivia

12:00 PM

Coffee Chat

Coffee Chat

Coffee Chat

Coffee Chat

Coffee Chat

1:00 PM

Body Strong

Gentle Fit

Uniper Walking Club

Body Fit

Seated Strength & Stretch

2:00 PM

Senior Savvy Technology Class

Travel the World

Road Trip Across the USA

Wise Ties: Strengthening Communication

In the Kitchen: Cooking Demos

3:00 PM

Brain Teasers & Trivia

Trivia Legends

Brain Teasers & Trivia

Jeopardy

Brain Teasers & Trivia

4:00 PM

Decades of Sounds

The Stories Behind the Songs

Golden Moments of Gratitude

Reminiscing for Joy and Health

Aloha Friday: Mindfulness Meditations

5:00 PM

Mindful Movement

Gentle Chair Yoga

Mindful Movement

Gentle Chair Yoga

Chair Pilates and Healing Frequencies

6:00 PM

Evening Videos

Evening Videos

Evening Videos

Evening Videos

Evening Videos

7:00 PM

Evening Videos

Evening Videos

Evening Videos

Evening Videos

Evening Videos

Did you miss a weekday class?

Please check your UniTV weekend schedule to view a selection of class recordings.

Fitness

Expand Your Knowledge

Discussion

Recorded Content

December 2024



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