

CCD Exercise and Falls Prevention Virtual Program Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
Class	Seniors Strength	Healthy Partners	Chair Yoga	Healthy Partners	Seniors Strength
Description	Seated or standing, full body exercise class for all fitness levels	Standing exercise class with a focus on lower body strength, muscular endurance, and balance training.	Chair-based yoga class focusing on improvement of posture, flexibility, and core strength	Standing exercise class with a focus on lower body strength, muscular endurance, and balance training.	Seated or standing, full body exercise class for all fitness levels
Time	11:00 am - 11:45 am	11:00 am - 11:45 am	11:00 am - 11:45 am	11:00 am - 11:45 am	11:00 am - 11:45 am