

CCD Weekly Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Time: 10 a.m. – 10:40 a.m.</p> <p>Class: Chair Yoga with Tracy (Seated participation)</p>	<p>Time: 11:15 – 11:45 a.m.</p> <p>Class: Wilderness Walkers virtual walking class (Seated or standing participation)</p>		<p>Time: 11:15 a.m. – 11:45 a.m.</p> <p>Class: Wilderness Walkers virtual walking club (Seated or standing participation)</p>	<p>Time: 10:00 a.m. – 10:45 a.m.</p> <p>Class: Healthy Partners (Standing balance and lower body strength)</p>
<p>Time: 11:15 a.m. – 11:45 a.m.</p> <p>Class: Fun and Fitness (low/moderate intensity, seated workout)</p>		<p>Time: 10 a.m. – 10:30 a.m.</p> <p>Class: Fun and Fitness (low/moderate intensity, seated workout)</p>		<p>Time: 11:15 am – 11:45 a.m.</p> <p>Class: Fun and Fitness (low/moderate intensity, seated workout)</p>
<p>Time: 2:00 p.m. – 2:40 p.m.</p> <p>Class: Moving and Grooving (Standing aerobic activity)</p>		<p>Time: 10:00 a.m. – 10:40 a.m.</p> <p>Class: Chair Yoga (Seated participation)</p>		
		<p>Time: 11:15 a.m. – 12:00 p.m.</p> <p>Class: Healthy Partners (Standing balance and lower body strength)</p>		
		<p>Time: 1:00 p.m. – 1:40 p.m.</p> <p>Class: Moving and Grooving (Standing aerobic activity)</p>		