

CCD Exercise and Falls Prevention Virtual Program Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
Class	55 + Strength	55 + Fall Prevention	Chair Yoga	55 + Fall Prevention	55 + 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	9:00 am - 9:45 am	9:00 am - 9:45 am	9:00 am - 9:45 am	9:00 am - 9:45 am	9:00 am - 9:45 am