

ET	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
8:00 AM	Rise & Shine Videos	Rise & Shine Videos	Rise & Shine Videos	Rise & Shine Videos	Rise & Shine Videos	<div>Did you miss a weekday class?</div> <div>Please check your UniTV weekend schedule to view a selection of class recordings.</div>
9:00 AM	Morning Yoga & Stretch	Balance Training	Morning Yoga & Stretch	Balance Training	Morning Yoga & Stretch	
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	Health and Lifestyle Tips	Health and Lifestyle Tips	Health and Lifestyle Tips	Health and Lifestyle Tips	Health and Lifestyle Tips	
12:00 PM	Explore the World	Explore the World	Explore the World	Explore the World	Name that Tune and Trivia	
1:00 PM	Body Strong	Gentle Fit	Vital Moves	Body Fit	Masterpiece Makers: Then & Now	<div>Fitness</div> <div>Expand Your Knowledge</div> <div>Discussion</div> <div>Recorded Content</div>
2:00 PM	Coffee Chat	Coffee Chat	Coffee Chat	Coffee Chat	Coffee Chat	
3:00 PM	Technology Made Easy	Broadway Stars!	Wise Ties: Strengthening Communication	The Stories Behind the Songs	In the Kitchen: Cooking Demos	
4:00 PM	Brain Teasers & Trivia	Trivia Legends	Brain Teasers & Trivia	Jeopardy	Brain Teasers & Trivia	
5:00 PM	It's a Celebration	Nutrition Hour	Battling Chronic Disease	Learning for Life with Janine	Aloha Friday: Mindfulness Meditations	
6:00 PM	Mindful Movement	Gentle Chair Yoga	Mindful Movement	Gentle Chair Yoga	Chair Pilates	<div>June</div> <div>2025</div>
7:00 PM- On	Evening Videos	Evening Videos	Evening Videos	Evening Videos	Evening Videos	

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

