

ET	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
8:00 AM	Morning Yoga & Stretch	Balance Training	Morning Yoga & Stretch	Balance Training	Morning Yoga & Stretch	<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	Body Moves: Seated	Body Moves: Seated	Body Balance	Seated Cardio Kickboxing	Body Moves: Seated	
9:30 AM	Body Moves: Standing	Body Moves: Standing	Body Balance: Strength & Flow	Standing Strong	Body Moves: Standing	
10:00 AM	Health and Lifestyle Tips	Health and Lifestyle Tips	Health and Lifestyle Tips	Health and Lifestyle Tips	Health and Lifestyle Tips	
11:00 AM	Explore the World	Explore the World	Explore the World	Explore the World	Name that Tune and Trivia	
12:00 PM	Body Strong	Gentle Fit	Nourish & Glow	Body Fit	Riddles + Recall	<div>Fitness</div> <div>Expand Your Knowledge</div> <div>Discussion</div> <div>Recorded Content</div>
1:00 PM	Coffee Chat	Coffee Chat	Coffee Chat	Coffee Chat	Coffee Chat	
2:00 PM	Technology Made Easy	Tuesdays with Barry	Wise Ties: Strengthening Communication	The Stories Behind the Songs	In the Kitchen: Cooking Demos	
3:00 PM	Brain Teasers & Trivia	Trivia Legends	Brain Teasers & Trivia	Jeopardy	Brain Teasers & Trivia	
4:00 PM	Summertime Fun: Pt 2	Nutrition Hour	Learning for Life with Janine : Bees	Battling Chronic Disease	Chair Pilates	
5:00 PM	Reignite & Refresh	Gentle Chair Yoga	Mindful Movement	Gentle Chair Yoga	Movie Night	<div>August 2025</div>
6:00 PM- On	Evening Videos	Evening Videos	Evening Videos	Evening Videos	Movie Night	

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

