

Exercise Show Schedule on Channels 8, 9 & 22

Monday	Name of Show	Channel
5-5:30 am	Jazzercise	CH 8
5-6	Jazzercise	CH 22
6-7	Stretch with Lisa	CH 22
7-8	Jazzercise	CH 8
9-10	Senior Exercise with Lisa	CH 22
3-4 pm	Senior Exercise with Paula	CH 22
Tuesday	Name of Show	Channel
5-5:30 am	Jazzercise	CH 8
5-6	Jazzercise	CH 22
6-7	Fit for Life	CH 22
7-8	Jazzercise	CH 8
8-9	Senior Exercise with Lisa	CH 9
9-10	Senior Exercise with Susan	CH 22
10-11	Chair Yoga	CH 9
10-11	Osteoporosis Exercise	CH 22
2-3 pm	Stretch with Lisa	CH 22
Wednesday	Name of Show	Channel
5-5:30 am	Jazzercise	CH 8
5-6	Jazzercise	CH 22
6-7	Fit for Life	CH 8
6-7	Stretch with Lisa	CH 22
7-8	Jazzercise	CH 8
9-10`	Senior Exercise with Paula	CH 22
11-12	Stretch with Lisa	CH 9
2-3 pm	Fit for Life	CH 22
3-4	Senior Exercise with Lisa	CH 22
Thursday	Name of Show	Channel
5-5:30 am	Jazzercise	CH 8
5-6	Jazzercise	CH 22
6-7	Stretch with Lisa	CH 8
6-7	Fit for Life	CH 22
7-8	Jazzercise	CH 8
8-9	Senior Exercise with Paula	CH 9
9-10	Senior Exercise with Susan	CH 22
10-11	Osteoporosis Exercise	CH 22
11-12	Chair Yoga	CH 9
2-3 pm	Stretch with Lisa	CH 22

Exercise Show Schedule on Channels 8, 9 & 22

Friday	Name of Show	Channel
5-5:30 am	Jazzercise	CH 8
5-6	Jazzercise	CH 22
6-7	Stretch with Lisa	CH 22
7-8	Jazzercise	CH 8
8-9	Fit for Life	CH 8
9-10	Senior Exercise with Lisa	CH 22
3-4 pm	Senior Exercise with Paula	CH 22
Saturday	Name of Show	Channel
5-5:30 am	Jazzercise	CH 8
5-6	Jazzercise	CH 22
7-8	Jazzercise	CH 8
8-9	Stretch with Lisa	CH 8
8-9	Senior Exercise with Susan	CH 9
9-10	Senior Exercise with Paula	CH 22
10-11	Fit for Life	CH 9
11-12	Chair Yoga	CH 9
3-4 pm	Senior Exercise with Lisa	CH 22
3:30-4:30	Stretch with Lisa	CH 9
Sunday	Name of Show	Channel
5-5:30 am	Jazzercise	CH 8
6-7	Fit for Life	CH 22
7-8	Jazzercise	CH 8
3-4 pm	Chair Yoga	CH 22