



Gentle Chair Yoga

<https://www.youtube.com/watch?v=1DYH5ud3zHo>

40 Minute Low Impact Workout

<https://www.youtube.com/watch?v=Zuy4XYLnbs>

Total Stretch Good For Everyone

https://www.youtube.com/watch?v=L_xrDAtykMI

Dance Your Way Thin

<https://www.youtube.com/watch?v=pq7IDD0Ye1Y>

Cardio for Senior/Standing and Sitting

<https://www.youtube.com/watch?v=KbFz38FUuiA>

30 Minute Cardio Workout – Different levels shown

<https://www.youtube.com/watch?v=UnTLiViVzTk>