

Acton TV schedule for Council on Aging Exercise Classes and Enrichment Lectures

www.actontv.org

MONDAY

9am-Terri's Exercise Class
10am-Nouvon Fitness with Yvonne
11am-Active Aging with Terri Z
2pm-Line Dancing with Kari
3pm-Lecture

TUESDAY

9am-Line Dancing
10am-Chair Exercise with Mary
11am-Active Aging with Terri Z
2pm-Yoga
3pm-Lecture

WEDNESDAY

9am-Terri's Exercise Class
10am-Nouvon Fitness with Yvonne
11am-Active Aging with Terri Z
2pm-Chair Exercise with Mary
3pm-Lecture

THURSDAY

9am-Line Dancing with Kari
10am-Chair Exercise with Mary
11am-Active Aging with Terri Z
2pm-Yoga
3pm-Lecture

FRIDAY

9am-Terri's Exercise Class
10am-Nouvon Fitness with Yvonne
11am-Active Aging with Terri Z
2pm-Line Dancing with Kari
3pm-Lecture

Acton TV available on

Comcast Channel 8,

Verizon Channel 45.

