



**STAYING ACTIVE IS VERY IMPORTANT DURING THIS PANDEMIC ...
WITH THIS IN MIND, THE WESTWOOD COA IS HOSTING
FREE DAILY CABLE PROGRAMS**

HERE IS A LISTING:

Monday

9:00-9:45 - Cardio Strength & Stretch
10:00-10:45 - Line Dancing
11:00-12:00 - Music Matters

Tuesday

8:00-9:00 - Floor Yoga
9:30-10:30 - Chair Yoga
11:00-12:00 - Music Matters

Wednesday

9:00-9:45 - Sit and Get Fit
10:00-10:45 - Line Dancing
11:00-12:00 - Music Matters

Thursday

8:00-9:00 Floor Yoga
9:30-10:30 - Chair Yoga
11:00-12:00 - Music Matters

Friday

9:00-9:45 - Cardio Strength and balance
10:00-10:45 - Line Dancing
11:00-12:00 - Music Matters

THEY CAN BE FOUND ON LOCAL CABLE Comcast 8 & 12, and Verizon 32 & 42



STAY SAFE AND TOGETHER WE WILL GET THROUGH THIS HEALTH CRISIS

