

ANDOVER TV

UPDATED FITNESS PROGRAMMING

Andover Elder Services (978) 623-8320



**Tune in each day at 10:00 am & 4:00 pm to
Andover TV (Comcast Channel 8 or Verizon Channel 47)**

Sunday	10:00 am 4:00 pm	Gentle Yoga Fitness for Adults over 60
Monday	10:00 am 4:00 pm	Sit & Get Fit Tai Chi (24 Posture Chan Style)
Tuesday	10:00 am 4:00 pm	Men & Women in Motion Yoga – Healthy Back
Wednesday	10:00 am 4:00 pm	Yoga – Hip Mobility Healthy Bones & Balance
Thursday	10:00 am 4:00 pm	Strength Training Yoga – Stress Relief
Friday	10:00 am 4:00 pm	Tai Chi (24 Posture Chan Style) Yoga for Beginners
Saturday	10:00 am 4:00 pm	Healthy Bones & Balance Men & Women in Motion

ANDOVER ELDER SERVICES